**Robin Ingram**

**Ed.M. (Counseling) BA (Communications and Public Relations)**

Licensure: LMHC, Licensed School Counselor (Level 3), Licensed School Administrator

Owner and CEO: Casita Counseling LLC

505-206-6725 (Text)

Proven success as a Licensed Family Counselor, Therapist and Educator with ages 3-103. Expertise includes Children and Adult Individual and Group Counseling, Social/Emotional Support, Programs Development, Community Collaboration and Outreach, Classroom Presentations, Parent Classes and Professional Workshops.

Areas of specialties include; Behavioral Regulation, ADD, ADHD, OCD, ODD, Anxiety, Depression, Trauma, Eating Disorders, Harm to Self-Behaviors, Gifted Challenges, Emotional Dysregulation, Grief and Loss, Pet Grief Support, Insomnia, Diet and Nutrition, Chronic Pain Depression, Couples Counseling, Parenting Supports, Language Development, Academic Supports, Bi Polar, Social Anxiety, and Education and Career Planning.

Interventions Include; Play Therapy, Equine Therapy, Animal Therapy, Art Therapy, Cognitive Reframing, Communication Skills, Compliance Issues, DBT and CBT, MST, Exploration of Coping Patterns, Exploration of Emotions, Exploration of Relationship Patterns, Mindfulness Training, Preventative Services, Psycho-Education, Role-Play/Behavioral Rehearsal, Interactive Feedback, Preventative Services, Structured Problem Solving, Supportive Reflection and Symptom Management.