



**SARA W. FLORETH, PCC-S**  
PROFESSIONAL CLINICAL COUNSELOR

Sara W. Floreth is a counselor who approaches therapy holistically-integrating mind, body, and spirit. This approach is grounded in the belief that all people have an innate dignity and desire to seek value and meaning in life. She works with people to develop an awareness of their personal value and strengths and to use them to live more fulfilling and peace-filled lives. As part of the therapeutic process and movement toward positive change, she strives to be fully present during session and a companion on the journey. In that space, she seeks to create an environment where people can engage in honest selfreflection, a process that guides decisions and helps the client toward self-healing.

After receiving her Bachelor of Arts in Spanish and Bachelor of Science in Community Health from Ohio University, Sara Floreth went on to work for over 10 years in the social work field. She continued her education at Northern Arizona University and graduated with her Master's in Community Counseling in 2009. She is a Professional Clinical Counselor with Supervision Designation and National Board Certified Counselor, who is bilingual in Spanish.

**Specialties:**

Mood and Anxiety Disorders  
Personality Disorders  
Relationships/Couples/Marital  
Transition to Adulthood  
LGBT counseling  
Trauma Recovery  
Domestic Violence  
Life and Family Adjustment  
Spiritual/Personal Growth  
Abuse/Domestic Violence  
Therapeutic Techniques  
Cognitive Behavioral Therapy  
Individual/Couples Counseling  
Dialectical Behavior Therapy  
Solution Focused Brief Therapy

**Client Age Range:**

15 and Older

**Payment Options:**

CareSource, CareSource Marketplace & Medical Mutual insurances or cash pay accepted