

Michelle Dugas, MA, LMH-C, Licensed Mental Health Counselor with Carpenter House

Get to know Licensed Mental Health Counselor Michelle Dugas, who serves the population of Florida.



New York City, Mar 8, 2019 ([IssueWire.com](http://www.IssueWire.com)) - Michelle is a Licensed Mental Health Counselor and

holds over three decades of experience in Christian ministry. She currently practices as a Counselor with Carpenter House, where she holds expertise in trauma recovery, depression and anxiety, OCD, grief counseling, marriage issues, and adolescent issues. Her passion is to guide individuals and couples through life's hurts and trauma to recovery and healing.

Carpenter House offers individual, marriage, and family counseling to all ages. They are located in Bluewater Bay at the edge of Niceville. They are able to address a wide variety of concerns and strive to help achieve wellness. Their vision is to touch the lives of our patients with caring, supportive, and meaningful counseling allowing them to lead functional lives with healthy relationships.

Her counseling career began in New Orleans, LA after Hurricane Katrina. She has extensive training in trauma counseling and draws from the modalities of EMDR, Cognitive Behavioral Therapy, Trauma-Focused Cognitive Behavioral Therapy, Dialectical behavior therapy, and Solution-Focused Therapy. She is also a trained Prepare/Enrich counselor.

Michelle graduated with her Master's Degree from the New Orleans Baptist Theological Seminary in 2008, giving her over a decade of experience in her field.

Learn More about Michelle Dugas:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/81957589> Her profile with Carpenter House, <https://carpenterhouse.net/michelle-dugas/>

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