

## **Sonja A. Bjurstrom, LPC, CACIII, EMDR Trained Licensed Professional Counselor, Clinical Supervisor,**

Get to know Sonja A. Bjurstrom, LPC CAC III EMDR Trained, who serves the population of Grand Junction, Colorado.



**New York City, Mar 4, 2019 ([Issuewire.com](http://Issuewire.com))** - Sonja is a Licensed Professional Counselor and Certified Addictions Counselor III, who has been working in the field for over three decades. Additionally, she is Certified in Eye Movement Desensitization and Reprocessing. She is client-centered, CBT, Trauma-informed, Strengths-based, and Family-centered. Her clinical interests are anxiety, depression, PTSD, adults involved in the criminal justice system, couples counseling, substance abuse, eating disorders, transitions/ life changes, relationship issues, spirituality, and families.

Sonja currently practices as a Licensed Professional Counselor, Clinical Supervisor and Program Coordinator with Mind Springs Health. Mind Springs Health is the leading behavioral health provider on Colorado's western slope, offering you a full range of mental health and addiction services, from mobile crisis response to individual, family, couples and group programs for all ages. They also offer the western slope's only psychiatric hospital, West Springs Hospital. They rebuild lives and inspire hope by providing exceptional mental health and addiction recovery care, strengthening the health and vitality of our communities.

Sonja graduated with her Bachelors in Psychology from Bucknell University. Furthering her education she then attended the University of California at Berkeley for her Masters in Social Work and finally graduating with her Masters in Counseling from the University of Colorado Denver.

Sonja attributes her professional success to all the support she received from her wonderful parents and having a family member who was abused, she wanted to help end the cycles of abuse.

### **Learn More about Sonja A. Bjurstrom:**

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82157646>

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### **Media Contact**

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