

Kimberly Mahr, MSC, LPC-S, NCC, CCTP, a Licensed Professional Counselor with bestdamnyou.com

Get to know Licensed Professional Counselor, Kimberly Mahr, who serves patients in Scottsdale, Arizona.



New York City, New York May 18, 2023 ([Issuewire.com](https://www.issuewire.com)) - Dr. Mahr is a licensed professional counselor and psychotherapist in Arizona and Florida with advanced clinical training in various areas such as eating disorder recovery, trauma, and mood disorders. She uses a holistic approach to mental health, combining somatic and polyvagal approaches to help clients understand and rewire their autonomic nervous system responses. She welcomes individuals from all backgrounds and cultures, and she provides a friendly, safe, and accepting place for everyone.

Despite her success in fields such as entrepreneurship, motivational speaking, and training, she felt a higher calling to inspire others in a more meaningful way and decided to pursue a Master of Science in Counseling degree, graduating from the University of Phoenix in 2012. With her diverse background and expertise, she is able to connect with her clients on a deep level and help them overcome their challenges.

Continuously advancing her efforts, she is an active member of the Arizona Counselors Association, the American Counseling Association, Chi Sigma Iota, the Eye Movement Desensitization and Reprocessing International Association, the International Society for Accelerated Resolution Therapy, Postpartum Support International, and the EMDR Humanitarian Assistance Programs.

Aside from her work as a psychotherapist, Dr. Mahr is also an amazing coach and a transformational

and motivational powerhouse. She has worked with executives, entrepreneurs, public figures, athletes, medical professionals, and individuals from all walks of life to help them break self-defeating and self-sabotaging behaviors and patterns.

Moreover, she is an experienced educator and public speaker, with decades of experience teaching and speaking to audiences ranging from intimate gatherings to crowds of over 11k. She is currently an Associate Professor for the Masters in Clinical Mental Health/Counseling at the University of Phoenix, where she shares her enthusiasm for mental health with the next generation of counselors and psychotherapists.

A licensed professional counselor is a licensure for mental health professionals in some countries. A licensed professional counselor is a master's degree-level mental health service provider, trained to work with individuals, families, and groups in treating mental, behavioral, and emotional problems and disorders.

Outside of her professional life, Dr. Mahr is a person with a zest for life. She is a mid-50s mom to two young adult daughters and enjoys spending time near the ocean, cooking, and practicing yoga and meditation. She is also a Usui Reiki/Master Teacher and has a passion for gourmet food and the perfect margarita.

Learn More about Dr. Kimberly Mahr:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82063043-Kimberly-Mahr-Counselor-Therapist> or through her website, <https://www.bestdamnyou.com/about-kimberly>

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Source : Kimberly Mahr, MSC, LPC-S, NCC, CCTP

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