

Erin Spielman, LMSW, Experienced Therapist and Trauma Specialist in Phoenix, Arizona

Offering Comprehensive Counseling Services for Adults, Adolescents, Couples, and Families



New York City, New York May 29, 2024 ([Issuewire.com](https://www.Issuewire.com)) - Dr. Erin Spielman, a Licensed Master Social Worker, Certified Case Manager, and Trauma-Informed Therapist, is a dedicated professional serving the communities of Phoenix, Scottsdale, and Paradise Valley. Her commitment to providing high-quality therapy services is evident in her approach as an enthusiastic and passionate therapist at

Counseling Arizona.

With a strong emphasis on accessibility and convenience, Erin offers both in-person and telehealth counseling options. She has recently introduced flexible hours to better accommodate the busy schedules of clients, including offering evening and weekend session times. This flexibility ensures that individuals seeking therapy can easily fit sessions into their work and school commitments.

Erin's extensive educational background includes an Undergraduate Degree in Psychology and a Master's Degree in Social Work from Arizona State University. She furthered her studies with a Master of Healthcare Administration Degree from Utica University, along with obtaining a Trauma Treatment Certification.

With over 25 years of experience, Erin has worked with diverse populations in various inpatient and outpatient settings. Known for her warm, open, and encouraging demeanor, she combines her education and wealth of experience with a practical, down-to-earth approach to counseling.

Specializing in trauma, depression, anxiety, fear, and anger, Erin assists clients in addressing and alleviating these symptoms. She is also adept at guiding individuals through changing unwanted behavior patterns, habits, addictions, and emotional wounds, such as grief and loss.

Utilizing a range of treatment methods such as Cognitive Behavioral Therapy (CBT), Brainwave Recursive Therapy (BWRT), and other modalities like Motivational, Psychodynamic, Person-Centered, Trauma-Focused, and Life Coaching, Erin tailors her approach to meet the unique needs of each client. Her holistic and client-centered approach ensures that individuals receive personalized care that fosters growth and healing.

In her personal life, Erin is deeply rooted in the Phoenix community, having lived in the valley for over 40 years and raised two children. She enjoys traveling and exploring the unique state, from finding unique artifacts in the desert to relaxing on the rivers and lakes.

Along with her affection for dogs and cats, Erin's love for animals extends to caring for rescued desert tortoises in her backyard sanctuary. A creative spirit, she also enjoys engaging in various artistic projects in her free time.

For those seeking compassionate and effective therapy services in the Phoenix area, Dr. Erin Spielman stands out as a trusted professional with a wealth of experience and a genuine passion for helping others navigate their mental health journey.

Learn More about Dr. Erin Spielman:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/85021345-Erin-Spielman-Social-Worker-Clinical> or through Counseling Arizona, <https://counselingarizona.com/about/>

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Source : Erin Spielman, LMSW

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