

Monica Susan Camacho: A Guiding Light in Mental Health Counseling at Embrace Authenticity Counseling LLC

Empowering Individuals Through Inclusive and Effective Therapeutic Practices



New York City, New York Jun 20, 2024 ([IssueWire.com](https://www.issuewire.com)) - Monica Camacho, a dedicated Mental Health Counselor Student Intern from Walden University, is making waves in the counseling field with her compassionate and inclusive approach to therapy. Currently practicing at Embrace Authenticity Counseling LLC in Orlando, Florida, she is on a mission to guide individuals through their healing journeys with a focus on inclusivity and empowerment.

As a plus-size, female, BIPOC, and neurodivergent therapist, she is committed to creating a safe and affirming space for clients to explore their challenges and work towards healing. In her practice, she values diversity and inclusivity, affirming and supporting neurodivergent and LGBTQIA+ individuals, advocating for social justice movements, and celebrating the rich tapestry of human experiences. She believes in the importance of ongoing education to better serve her clients while encouraging active participation from clients in their healing journey.

With a background as a graduate masters level therapist and plans to pursue her Registered Mental Health Counselor Intern license, Monica brings a unique blend of personal understanding and professional expertise to her practice. She is currently supervised in her work by Rebecca Keck, LMHC and is expected to graduate with a Master's degree in clinical mental health counseling from Walden University in May 2024.

One of her specialties is Dialectical Behavioral Therapy (DBT), which she holds dear for its transformative impact on both her life and the lives of her clients. In addition to DBT, she incorporates various modalities such as art therapy, sand tray therapy, music therapy, and projective tools to tailor her approach to each individual's needs.

What sets her apart in the field is her dedication to supporting individuals dealing with trauma, particularly religious trauma. She provides a compassionate space for clients to reflect on their past experiences with religion and explore their spirituality on their own terms. Furthermore, she is a staunch advocate for Health at Every Size (HAES) principles and actively supports the Abolish the BMI Coalition to promote body positivity and combat societal norms that perpetuate body shame.

Monica's values and approach to therapy are rooted in creating a safe, inclusive, and affirming environment where clients feel empowered to take control of their healing process. With a heart dedicated to fostering meaningful change and a commitment to ongoing growth, she is a beacon of hope for individuals seeking guidance and support on their path to healing.

Learn More about Dr. Monica Susan Camacho:

Through her findatopdoc

profile, <https://www.findatopdoc.com/doctor/2264104-Monica-Camacho-Counselor-Therapist> or through Embracing Authenticity

Counseling, <https://www.embraceauthentic.com/meet-your-therapist/monica-she-her/>

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