

Brittany M. Garza, MA, LPC, NMIT, Recognized in America's Best in Medicine for Leading Balance and Boundaries LLC

Offering Trauma-Informed, Holistic, and Liberation-Focused Therapy to Support Healing and Self-Discovery



Denver, Colorado Dec 9, 2025 ([Issuewire.com](https://www.Issuewire.com)) - Brittany M. Garza, MA, LPC, NMIT, a Licensed Professional Counselor and dedicated advocate for mental health, serves as the Founder of Balance

and Boundaries LLC, a virtual Colorado-based counseling practice rooted in compassionate, trauma-informed, and liberation-focused psychotherapy. With a mission to provide compassionate support to individuals seeking healing and self-discovery, Brittany emphasizes the importance of understanding trauma within its broader context, including systemic influences and personal histories.

Balance and Boundaries LLC operates entirely online, making it accessible to clients across Colorado. The practice specializes in both traditional talk therapy and innovative ketamine-assisted therapy, with a particular focus on serving BIPOC and LGBTQIA+ individuals.

A queer, third-generation Latinx woman, Brittany brings a holistic, somatic, and womanist approach to her work, guiding clients to connect mind, body, and soul while embracing authenticity and self-acceptance. Whether through individual therapy or group integration sessions, she supports you in reclaiming your boundaries, restoring balance, and envisioning a future aligned with your true self.

In addition to founding Balance and Boundaries LLC, Brittany currently practices as a Licensed Professional Counselor with SonderMind and is a Psychedelic Therapist in Training, certified by the Colorado Department of Regulatory Agencies. Her therapeutic methods incorporate creative modalities—such as art, movement, music, meditation, yoga, and time in nature—designed to enhance emotional intelligence and personal growth.

Brittany earned her Bachelor of Science in Pre-Physical Therapy Studies from McMurry University, followed by a second Bachelor of Science in Foods, Nutrition and Wellness Studies from Texas Tech University. She completed her Master of Arts in Clinical Mental Health Counseling at the University of Texas at Tyler, where she was honored to be a member of the Psi Chi Honor Society. Her commitment to community healing is underscored by her volunteer work with the East Texas Crisis Center and Pro-Step Rehabilitation, where she provided support to survivors and children through crisis intervention and rehabilitation.

As an advocate for mental health, social justice, and culturally competent care, Brittany Garza is dedicated to promoting inclusive access to therapy and empowering individuals to embrace their unique narratives.

Learn more about Brittany M. Garza:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/brittany-garza> or through her website, <https://brittany-garza.clientsecure.me/>

America's Best in Medicine

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