

America's Best in Medicine Recognizes Alan-Michael Chest for Excellence in Mental Health Care

Empowering Healing Through Trauma-Informed, Skill-Based, and Collaborative Therapy



Holyoke, Massachusetts Jan 7, 2026 (IssueWire.com) - Holyoke, Massachusetts – Alan-Michael (Professor C.) Chest, M.Ed., LMHC, SAC, a Licensed Mental Health Counselor with overall a decade of clinical experience in Mental Health; he is proud to announce the opening of his new mental health practice, Miracles Happen Therapy, operating since April 2025. With a strong commitment to trauma-informed care, he blends compassion, creativity, and connection to support individuals, couples, and families facing various mental health challenges.

Alan-Michael holds a Master of Education in Mental Health & School Adjustment Counseling from Cambridge College and a Bachelor of Arts from Westfield State University in English & Communications- both based in Massachusetts. His educational background provides a solid

foundation for a therapeutic approach that combines empirical rigor with a deep understanding of humanistic care. This year, he launched Miracles Happen Therapy, dedicating his practice to offering personalized and client-centered mental health services.

In his practice, Alan-Michael employs a diverse range of therapeutic techniques, including Dialectical Behavior Therapy (DBT), Trauma-Focused Cognitive Behavior Therapy (TF-CBT), Expressive Art Therapy, and a blend of other treatment modalities that combine core mindfulness skills and narrative work. He places a strong emphasis on skill-building, helping clients cultivate emotional regulation, distress tolerance, interpersonal effectiveness, and self-identity empowerment. Central to his work is the belief that healing flourishes within a collaborative therapeutic relationship grounded in respect, trust, and hope. Alan-Michael is particularly attuned to trauma, identity, and the transformative power of self-expression as a pathway to growth and resilience.

“What I enjoy most about practicing therapy is meeting my clients where they are at and helping them navigate life’s challenges,” shares Alan-Michael. “I find it deeply rewarding to support each person in developing the skills and insight they need to move forward with greater clarity, resilience, and confidence.”

Miracles Happen Therapy serves a diverse clientele with concerns ranging from anxiety, depression, ADHD, and PTSD to life transitions. Alan-Michael engages his clients in individual work, family engagement, and couples counseling. Alan-Michael is committed to creating a safe and supportive environment where clients can explore their experiences and develop practical tools for emotional well-being. Whether in virtual therapy settings or traditional face-to-face sessions, he focuses on fostering a respectful atmosphere that encourages clients to reclaim control over their lives and work towards a more authentic, connected existence.

Learn more about Alan-Michael (Professor C.) Chest:

Through his America’s Best in Medicine profile, <https://americasbestinmedicine.com/providers/alan-michael-chest>

America’s Best in Medicine

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Source : Alan-Michael (Professor C.) Chest

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