

# Cathleen Hedgecock, LPC, MA, Recognized by America's Best in Medicine for Excellence in Counseling and Education

Licensed Professional Counselor and Clinical Educator Dedicated to Evidence-Based Care, Personal Growth, and Training the Next Generation of Mental Health Professionals



**Charlotte, North Carolina Jan 8, 2026** ([IssueWire.com](http://IssueWire.com)) - Albemarle, North Carolina – Clearer Minds Counseling and Consulting, PLLC, proudly announces the exceptional work of its founder and lead counselor, Cathleen Hedgecock, LPC. With a passion for empowering individuals and families,

Cathleen provides high-quality mental health services tailored to address a diverse array of emotional and behavioral challenges, including anxiety, depression, trauma, and substance use.

Graduating with a Master of Arts in Clinical Mental Health Counseling from Montreat College in 2018, Cathleen is a Licensed Clinical Mental Health Counselor and Licensed Clinical Addiction Specialist. Her extensive training includes certifications in Acceptance and Commitment Therapy for treating personality disorders, Autplay therapy, and trauma-focused therapies such as Cognitive Processing Therapy. This impressive educational foundation allows her to deliver evidence-based therapies with compassion and practical strategies, ensuring that her clients receive the best support possible.

At Clearer Minds Counseling and Consulting, Cathleen is renowned for her client-centered approach that emphasizes trust, empathy, and understanding. By cultivating strong therapeutic relationships, she empowers clients to confront their challenges head-on and achieve meaningful, lasting change. Cathleen's unique combination of professional expertise and personal experience equips her to guide clients through complex emotional landscapes with resilience, insight, and hope.

In addition to her counseling practice, Cathleen serves as an Adjunct Instructor at Randolph Community College, where she dedicates her time to mentoring aspiring mental health professionals. By integrating her clinical experience into the classroom, she plays a vital role in shaping the future of mental health care. Her commitment to professional development is evident in her active engagement with organizations such as the American Counseling Association and the National Institute of Mental Health.

Cathleen's work extends beyond individual client care; she is an advocate for the advancement of mental health awareness and education. Through her dedication to ongoing learning and community engagement, Cathleen Hedgecock seeks to inspire others in the field and promote a culture of understanding and support for mental health challenges.

### **Learn more about Cathleen Hedgecock:**

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/cathleen-hedgecock> or through her profile on Clearer Minds Counseling and Consulting's website, <https://www.clearermindsconsulting.org/about>

### **America's Best in Medicine**

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

## Media Contact

America's Best in Medicine

\*\*\*\*\*@americasbestinmedicine.com

1-877-346-0175

Source : Cathleen Hedgecock

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