

Holly Walton, MA, NCC, LBS, LPC, LCMHC: Founder Of Winding Brook Counseling And Counseling Expert

Advancing Early Childhood and Family Mental Health Through Evidence-Based Therapy and Compassionate Care



Hooksett, New Hampshire May 17, 2026 ([IssueWire.com](https://www.IssueWire.com)) - Holly Walton, MA, NCC, LBS, LPC, LCMHC, is a Licensed Clinical Mental Health Counselor with more than 13 years of experience dedicated to supporting children and families through evidence-based, relationship-focused therapy. As the Founder of Winding Brook Counseling, established in June 2024, Holly is committed to helping children, parents, and caregivers build stronger emotional connections, healthier communication patterns, and more cooperative home environments through individualized counseling and early intervention services.

Specializing in child and family therapy, Holly has built her career around empowering families with practical tools that encourage emotional growth, resilience, and long-term well-being. Her practice utilizes a client-centered and integrative counseling approach, allowing her to tailor treatment plans to meet the unique emotional, behavioral, and developmental needs of each client and family system. Through both in-person and virtual counseling services, she works closely with families to create supportive therapeutic environments where meaningful and lasting change can occur.

Holly is highly trained in several evidence-based therapeutic models and is widely recognized for her expertise in early childhood mental health interventions. She serves as a within-agency trainer for Parent-Child Interaction Therapy (PCIT), an evidence-based treatment designed for children ages two to seven experiencing externalizing behaviors. In addition, she is a New Hampshire rostered clinician for Child-Parent Psychotherapy (CPP), a play-based, attachment-focused therapeutic approach that supports young children and caregivers in strengthening emotional bonds and healing from stress or trauma.

As one of the few clinicians in New Hampshire certified through PCIT International to deliver the full PCIT model, Holly continues to expand access to specialized therapeutic care for families seeking effective support for behavioral and emotional challenges. Her clinical work also incorporates cognitive behavioral therapy, traditional talk therapy, and faith-based counseling for individuals and families who wish to integrate Christian perspectives into the healing process.

Throughout her professional journey, Holly has remained deeply committed to strengthening caregiver-child relationships and helping parents feel more confident in navigating the challenges of raising children. Her work focuses not only on addressing immediate concerns but also on helping families establish healthier long-term communication patterns and emotional connections that foster stability and growth.

“What I enjoy most about my work is the opportunity to meet people where they are, help them see new perspectives, and guide them toward a more fulfilling and joyful life,” says Holly. “Early in my career, while working in Pennsylvania with Wesley Spectrum Services as a community-based clinician supporting children on the autism spectrum, I discovered my passion for working with young populations. Observing the positive changes that came from building consistent routines and nurturing relationships within the households I visited was incredibly rewarding. That experience shaped the direction of my practice and helped me develop the expertise I now bring to my clients.”

In addition to her private practice work, Holly serves as a consultant for the Head Start program through the Community Action Program of Hillsborough and Rockingham Counties, where she provides guidance, training, and support to educators and caregivers working with young children and families. Her collaborative approach and dedication to education further demonstrate her commitment to strengthening community mental health resources and improving outcomes for children across New Hampshire.

Holly earned her Master’s Degree in Counseling from Waynesburg University and holds a National

Certified Counselor credential. She is also an active member of the American Counseling Association, reflecting her ongoing dedication to professional development, ethical care, and clinical excellence.

Through Winding Brook Counseling, Holly Walton continues to make a meaningful impact on the lives of children and families by providing compassionate, evidence-based care that promotes emotional health, stronger relationships, and brighter futures.

Learn more about Holly Walton:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/holly-walton> or through her website, <https://www.windingbrookcounseling.com/>

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.

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