

Tiffany Haynes, MA, LPC-A

Licensed Professional Counselor Associate at Mosaic Tree Counseling

As a licensed professional counselor, Tiffany Haynes has a passion for advocating for mental health as a priority in living a fulfilled life. She promotes mental health and emotional well-being. Her practice involves providing a welcoming environment where clients feel safe to share in a non-judgmental space. She strives to provide support, guidance and therapeutic interventions to individuals seeking to navigate life's stressors and challenges to enhance their overall quality of life. In her free time, Tiffany likes reading, traveling, and spending time with family.

Professional Background

Tiffany has 15 years of experience in the field of education, working as teacher and school counselor. During this time, Tiffany has honed great communication skills and the ability to connect with adolescents and youth. Tiffany holds a certification as Licensed Professional Counselor Associate.

Education

Tiffany holds a Masters Degree in Counseling and has a Bachelors of Arts Degree in Psychology from Prairie View A&M University.

Personal Philosophy

Tiffany confidently believes in the mindset of therapy as a modality to enhance and refocus lives. Collaboration, empathy, and strategic skills are emphasized in support for clients to explore their feelings, behaviors, thoughts, and actions. Ultimately, the goal is to help individuals achieve greater self awareness, personal growth, and a fulfilled life.

Specialties

Tiffany's specialties include working with clients in a therapy setting to help with life transitions, coping skills, anxiety, ADHD, stress relief, self-esteem, depression and behavioral interventions. As a therapist, Tiffany's therapeutic approach is eclectic and client centered. Person-centered and cognitive behavior therapy are infused to cater to client's specific needs.