

Samar Shahab, MA-Ed, LPC-Associate

Licensed Professional Counselor Associate

(Under the Supervision of Dr. Maria Peters)

Samar holds a Master of Arts in Clinical Mental Health Counseling from Malone University. Additionally, she is also a Nationally Certified Counselor (NCC). She is EMDR trained, and is a Certified Grief Informed Therapist (CGIT) as well as a Certified Anger Resolution Therapist (CART). Within the professional counseling relationship, she ensures the welfare and dignity of all persons including nationality, sexual orientation, gender, age, race, religion, ethnicity, age, ability, etc.

Member of the Honor's Society Chi Sigma Iota, American Counseling Association, and Houston Counseling Association

Speaks Hindi and Urdu.

Personal statement:

As a therapist, I believe that a strong therapeutic relationship is critical to the success of counseling. Therefore, I ground my approach in respect for all human beings, and I strive to provide unconditional positive regard, empathy, and authenticity to my clients. I understand that each person is unique and has their own set of challenges and struggles, and I work to create a safe and non-judgmental space where my clients can feel comfortable sharing their thoughts and feelings.

Whether you're struggling with anxiety, depression, self-esteem concerns, or any other issue, I believe that the solutions lie within you. My role as a therapist is to help you navigate life's obstacles and challenges by collaboratively assisting you to cope more effectively with stressors. To achieve this, I draw from my training in Cognitive Behavioral Therapy and EMDR as well as my ongoing education in the Gottman method of couples counseling. However, I also recognize that each client has their unique needs, and I curate my approach accordingly.

I work with clients of all ages, including children, adolescents, and adults. My goal is to co-journey with you as we discuss your worries, create goals, and identify your strengths to help you move towards healing and growth. I am committed to providing a compassionate and supportive space where you can feel seen, heard, and understood. I believe that with dedication and hard work, we can work together to help you achieve your goals and find the happiness and fulfillment that you are capable of attaining. I am here to help!