

Mae Marshall, M.S., LPC-Associate, She/Her/Hers

Licensed Professional Counselor Associate, under the supervision of Dr. Maria Peters, PhD, LPC-S and Dr. Teri Hensley Marrow, PhD, LPC-S.

Mae is an avid reader who reads more than 100 books every year, can tell you the history of the Targaryen Dynasty, and has caught up with every episode of One Piece. Mae values stories, and that has greatly influenced her journey to becoming a counselor because she believes that everyone has a unique story that deserves to be heard. Mae also enjoys going on hikes, trying new food, playing her Nintendo Switch and spending time with her cats Miso and Chai.

Education:

Master of Science in Clinical Mental Health Counseling, University of Saint Thomas 2024.

Specialties:

Mae has worked with **teenagers** and **young adults** and specializes in anxiety, depression, life transitions, low self-esteem, body image issues, parts work, inner child work, and LGBTQ+ concerns. Mae understands that life is not linear, and she wants to help you become the narrator of your own story even when it feels like you've lost the plot.

Modalities: Person Centered Therapy, Acceptance and Commitment Therapy, Narrative Therapy and Cognitive Behavioral Therapy.

Personal Philosophy:

Mae practices a holistic approach to counseling that encourages the client to face their inner world while also giving them the space to become the main character in their story. Mae values intersectionality by encouraging her clients to share their unique worldview and experiences as not only an aid to the therapeutic process but an integral part to the overall growth of the client. Mae recognizes that our childhood can greatly affect who we become as adults, and the parts of us that develop because of our experiences.

“No matter how hard or impossible it is, never lose sight of your goal.”

– Monkey D. Luffy, *One Piece*