

Name: Antania Perry

Pronouns: She/Her

Certifications (LCPC/LMSW, etc.): LLMSW

Location (Licensed State): Michigan

Education and Degrees: Saginaw Valley State University - Social Work, BSW Wayne State University- Social Work, MSW

Therapeutic Modalities: EMDR, CBT, Talk therapy, mindfulness, breath work, energy work.

Areas of Specialization: Trauma, Weight loss/body image, Anxiety, and Depression.

Audience: Children and Individuals

Bio:

Hi I'm Antania,

I am passionate about connecting the mind, body, and soul for anyone embarking on a healing journey. No matter the age, background, or circumstances you are faced with, you are worthy of having a safe therapeutic space to navigate through challenging times. My approach includes, but not limited to, Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Behavioral Therapy (CBT), Breath Work, Meditation, and Energy Clearing Practices.

I am committed to supporting you on your journey, from developing self confidence, honing coping techniques, navigating through the challenges of trauma, managing anxiety and depression, or achieving personal goals. I am proud of you for taking this step on your journey because it is not easy. Let's connect and see if I am the right therapist for you.