



Laura Brito, LCSW, MSW

(she/her/hers)

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loveappliedcounseling.com

You are so weary, and your day has barely started. There is so much need and suffering and you are just one person. Yes, you care about your patients but sometimes it feels like you're all cared out. Even on your days off, you have this uneasy feeling that you may have veered off course somewhere. It's as if your whole life was built around becoming this Mega-Helper, the Life-Saver; now your cape feels more like a weighted mantle. You're supposed to take care of everyone but who takes care of you? You're afraid that if you share your fears, despair, and doubts with anyone they wouldn't understand, or worse, they wouldn't want to.

I am a queer Latina therapist and native Spanish speaker who has worked closely with medical personnel in healthcare settings for the past 12 years. I am also trained in sex and relationship therapy. If you'd like to connect with someone who provides a safe and judgment-free space in which to unburden yourself, please reach out. I would be honored to hear your story.

Areas of focus:

- Existential dilemmas or loss of meaning
- Anxiety and overwhelm
- Sex therapy
- Navigating relationships
- Inclusive and affirming care for all sexual identities, ethnicities, and lifestyles

Pricing (with 15% WCMS Member Discount)

\$127 per session

HIPAA-compliant sessions available evenings and weekends:

- Virtual
- Phone sessions
- In-person sessions will be offered in 2022

Please contact me directly via phone or email to set up a free consultation.