

Therapists

Mitch Durham, PhD

About/Areas of Primary Focus:

He has training and experience in treating depression, anxiety, stress, anger, family conflict, grief, and substance abuse, as well as severe crisis problems such as psychosis and suicidality.

Pricing (*before 15% WCMS member discount*)

\$140 per session (plus \$20 discount for cash payment)

Website

www.mitchelldurhamphd.com

www.lifechangecps.com



Rebecca Norton, PsyD

About/Areas of Primary Focus:

She has expertise with anxiety, depression, marital challenges, parenting, aspergers/autism spectrum, ADHD, spiritual challenges, and stress management. Her approach is client centered, utilizing psychodynamic, emotion-focused, and CBT components.

Pricing (*before 15% WCMS member discount*)

\$155 initial session

\$135 subsequent sessions

Website

www.drnorton.com



Therapists

Julia Sotile Orlando, MSW LCSW

About/Areas of Primary Focus:

Julia's clinical work focuses on helping medical professionals and their families manage the stress that often comes with a life in medicine. She has extensive experience working with clients who struggle with anxiety, depression and other symptoms associated with burnout and compassion fatigue. She is an experienced couples' counselor in addition to her work with individuals.

Pricing (*before 15% WCMS member discount*)

Full-day Intensive- \$3,000

F/u Phone Appointment- \$250/hr

Website

www.sotile.com/our-team/julia-e-sotile-lcsw

