



Frederick Murphy, LCMHC, MA, MS

Email: intrinsicrenewalcc@gmail.com

Phone/text: 615-438-3439

Choosing a counselor is an extremely important decision. Trust and a good fit are essential to success. This process comes by way of warmth, respect, empathy, attunement, challenge and truthfulness, all intricate factors in the journey to affirming one's true self. I've happily worked in Mental /Behavioral health for more than 15 years.

I provide solution-focused therapy centered on helping you recognize challenges, affording you the ability to nurture change. Obstacles to change are very subtle. They are often almost undetectable. Together we will explore these challenges in an objective way, so that you can act on positive resolutions.

Please note I am located in Charlotte, NC and will conduct sessions via video or telephone. If my profile resonates with you, please give me a call or email for a free consultation.

Areas of focus:

- Life Transitions
- Peer Relationships
- Couples Counseling
- Self Esteem
- LGBTQ topics
- Stress
- Anxiety
- Depression
- Coping Skills
- Substance Abuse

Pricing (before 15% WCMS Member Discount)

\$105 per session

Sessions

Tele-health

Phone sessions

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