



MOSAIC and Bridger Peaks Counseling are partnering to provide mental health counseling services to adults.

Caitlin Brandl, MS, Professional Counselor Licensure Candidate (PCLC), will be on-site to provide convenient, confidential individual counseling services.

Who: Adults interested in individual counseling

When: 50-55 minute sessions available by appointment only:
Tuesday & Wednesday afternoons
Starting Tuesday, January 15, 2019

Where: MOSAIC clinic

Cost: Caitlin offers a **sliding fee scale** based on household income and takes the following health insurances: **Blue Cross Blue Shield, Allegiance, Cigna**

Why: To provide more convenient access to mental health counseling for individuals who may be experiencing stressful times.

To schedule an appointment:

Let your therapist or the front desk know,

Or

Contact Caitlin directly at:

(406) 813-1566 or Caitlin@bridgerpeakscounseling.com

Want to learn more about Caitlin and Bridger Peaks Counseling?

Check out their website: **bozemancounseling.org**

Read more about Caitlin and her approach to counseling:



In this chaotic world, we are faced with many experiences that leave us feeling stuck, hurt, and overwhelmed. In this place, it can be lonely, isolating, and exhausting. Sometimes we need help navigating through the storm. It takes courage, persistence, and vulnerability to look inside ourselves, grow, change, and find meaning in our experiences.

I believe a trusting therapeutic relationship can help you heal, come alive, and cultivate resilience and hope so you can feel more connected to yourself and others. My goal is to help you uncover your true self so that you can live life with a greater sense of peace, joy, and connectedness. My approach to counseling is down-to-earth, nonjudgmental, and straight forward. I will provide space for you to be you. Unfiltered.

I have experience working with adults who have experienced all types of trauma, grief/loss, anxiety, depression, suicidal ideation, relationship and career stress, and difficult life transitions, including military and adjustment issues. Some of the populations I have worked with include parents of special needs children, individuals dealing with relationship conflicts including domestic and sexual violence, and people living with traumatic and acquired brain injuries. Currently, I am a Professional Counselor Licensure Candidate (PCLC) with a MS in Clinical Mental Health Counseling (specialization in Trauma and Crisis Counseling) from Walden University. I am working toward licensure under the supervision of Rachael Dunkel, LCPC, LAC, NBCC.

I am driven by the belief that at our core, we are hard-wired for connection and a sense of belonging. To me, connection means that you feel seen, heard, valued, and energized from the relationship. My intention is to help you explore and address ways you are “stuck,” discover your strengths, develop resilience, and make choices that lead to more fulfilling relationships and a balanced, healthy life. My goal is to support, encourage, and be a tenacious advocate for you during this time.