

Tricia L. Gonzalez, MA, LPC



Tricia has a bachelor's degree in psychology from the University of Wisconsin - Stevens Point and a master's degree from Lakeland College in Sheboygan, WI.

Tricia works with teens and adults who struggle with Anxiety, Depression and Obsessive-Compulsive Disorder; however, she works with anyone who is experiencing psychological distress. Teaching clients therapeutic techniques to treat their symptoms and heal their suffering is Tricia's goal.

Tricia offers clients effective ways to change how they respond to symptoms so that they can live a life beyond the symptoms that come with depression and anxiety.

Therapeutic workbooks which address such issues as Depression, Anxiety, Obsessive-Compulsive disorder, Self-harm, Divorce and Negative Thinking Patterns are used with teens. Tricia finds these workbooks are often useful for teens who may struggle to engage in talk-therapy; this format creates a more structured and goal directed approach.

