

## *Michael Frost, MSE, CSAC, LPC-IT*



The latest LPC-IT to join the practice is, Michael Frost. Michael is also a Clinical Substance Abuse Counselor who is passionate about, and fascinated by, recovery. He is strength-based and person-centered and believes in the worth of every person.

Michael embraces change and personal growth as lifelong processes and encourages clients to ask themselves, “Who am I?” and “What do I want?”

Michael enjoys helping his clients develop awareness, the ability to ask for help and the willingness to identify, allow and express feelings.

Michael is interested in people’s stories and listens closely for beliefs that may drive behavior.



*“It is never too late to rewrite the script or to change what we tell ourselves.”*