

Monica Speirs

Education:

M.S. Marriage and Family Therapy from Edgewood College in Madison, WI
B.A. Psychology from University of Wisconsin in Eau Claire, WI

Certifications and Affiliations:

- Licensed Marriage and Family Therapist - IT
- Prepare-Enrich Certified for marital and premarital counseling
- Member of AAMFT American Association of Marriage and Family Therapists

Passion and Vision:

“I believe every person can be their most authentic self, discover new ways to live and create an existence of improved living. As your therapist, I will walk with you through life's inevitable challenges striving to support and empower you as you navigate your way. I consider it a privilege to work with you and will judiciously safeguard your well-being. My desire is for you to live a rewarding, meaningful and authentic life ultimately becoming the person you aspire to be.”

Clinical Experience:

Monica's experience includes working with a diverse population of individuals, couples, families, and groups, both in person and virtually, in a clinical and outpatient setting.

Professional experience in treating and current focus:

- Couples Counseling
- Depression/Anxiety
- Adjustment Disorder
- Communication Issues
- Grief/Loss
- Trauma
- Forgiveness & Trust
- Parenting Challenges
- Attachment Issues
- Stress Management
- Relationship & Marital Strife