



*“Sometimes taking the first step is the hardest part to getting started. All you need to do is take it. Let me take it with you.”*

## About Me

I have almost 20 years experience helping families manage emotional and behavioral challenges. I help families connect and heal. I collaborate with individuals and families using approaches that are evidence-based, person-centered, realistic, creative, strength-based, and trauma-informed. I integrate artwork, humor, and play in my therapeutic approach.

I am a Licensed Professional Counselor in Colorado. I am a graduate of Regis University (2010) with a Masters in Counseling. I graduated in 1995 with a BA in Sociology from CU Boulder with a concentration in Criminology.

On a personal note, I enjoy comedy, theater, walking my dog, swimming and painting. I have raised 2 children who are now young adults.

***My mission** is to support you so that your life continues to be rewarding and satisfying. It is with great humility that I dedicate myself to helping families and individuals. I offer a healing environment where hearts and minds can restore balance and find peace in this chaotic world.*

*Furthermore my goal is to bridge the gap so individuals and families can work through unresolved issues and conflict. I offer a strength-based and trauma-informed approach, helping clients learn practical life skills and tap into their own resiliency.*

### Contact Information

Phone: 720-442-0031

#### **Email**

[askdouglas@angiepersonalizedcounseling.com](mailto:askdouglas@angiepersonalizedcounseling.com)

#### **Website**

<https://angiepersonalizedcounseling.com/>



The First Step is a Great Start

### **ANGIE DOUGLAS PERSONALIZED COUNSELING**

12157 W. Cedar Dr, Ste 200  
Lakewood, CO 80228



## PERSONALIZED COUNSELING

*Angie Douglas,  
MA, LPC, NCC  
720-442-0031*

*(Near Union & 1st)*



## Symptoms I can help with

- Anxiety
- Depression
- PTSD/Trauma Recovery
- Self-harm
- Irritability
- Stress Management
- Suicide Prevention
- Family Conflict
- Panic Attacks
- Dissociation, and more.

## Services

- Individual Counseling
- Group Counseling
- Family Counseling
- Workshops for Teens & Adults

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“Angie is very knowledgeable and also open to learning. She has a genuine desire to learn about the people she helps.” (Anne C., RN, ADN)

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## Dialectical Behavior Therapy (DBT) Group Therapy for Teens

### Skills Taught:

**(Maximum 8 members)**

Improve interpersonal relationships.

Distress Tolerance

Stay Calm in stressful situations.

Build self-confidence and improve self-esteem.

Mindfulness



### *Coffee/Tea, Chat, & Consulting...*

Inviting parents to meet for **free** consultation.

Starting June 4<sup>th</sup>-  
**1 & 3<sup>rd</sup> Monday of the month**

10 am - 11 am

Please contact me to confirm location - *Text or Email.*

**DBT Teen Groups**

**Summer and Fall**

**Call now for  
Registration Info!**