

Elisabeth Fielder Hix, LPCC, is a Licensed Professional Clinical Counselor. Elisabeth earned her Bachelor's degree in Interdisciplinary Studies – Social and Behavioral Sciences with a Minor in Organizational Leadership at her hometown school, Western Kentucky University. She continued at WKU to complete a Master's of Education in Clinical Mental Health Counseling/Addictions Education (certified). Elisabeth has more than 10 years in community engagement with a demonstrated history of working in community mental health and non-profit social services industries.

Elisabeth's primary therapeutic approaches include Acceptance and Commitment Therapy, Cognitive Behavioral Therapy, Solutions-Focused Therapy, Trauma Therapy, Telehealth (Certified) and Crisis Therapy. Elisabeth has extensively worked with individuals living with severe mental illnesses including major depression disorders, anxiety disorders, mood disorders, PTSD, schizo-spectrum disorders, and bipolar disorders. Her experience also includes engaging with individuals experiencing housing instability, at-risk youth, and substance/alcohol use disorders. She is an active member of Kentucky Counseling Association and National Board of Certified Counselors.

Elisabeth commits to using her knowledge and personal experiences to empower individuals and families to stable mental health through counseling, education, partnership, encouragement, and holistic healing without judgment of their circumstances. She challenges her neighbors to do what they can for themselves while walking alongside them on their journey and committing to do no harm to those she is privileged to meet.