



MARCY O'DELL

Licensed Clinical Professional Counselor



Marcy is a Licensed Professional Counselor with experience in working with adolescents, young adults, and adults. She is trained in Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), and often uses experiential modalities in her sessions such as mindfulness and art. This can look like taking a walk to engage our senses or working with various art media when words fall short of explaining how we feel.

Marcy has experience in an Intensive Outpatient setting and in running skill and experiential groups as well as seeing clients individually. She specializes in the treatment of depression, anxiety, personality disorders, self-esteem, stress, self-injury, suicide ideation, and family conflict, although has experience and is comfortable treating a variety of issues and disorders.

In sessions with Marcy you can expect a warm and nonjudgmental environment where one can be vulnerable and have a space to process struggles, problem solve, and simply “be.” Her therapeutic approach offers a balance of encouraging and challenging her clients to be their best selves, believing that self-awareness and ultimately self-acceptance are tools of healthy change.