



Claire Dutrow, LPC

Claire Dutrow, LPC (Licensed Professional Counselor), LMFT (Licensed Marriage and Family Therapist), CSAC (Certified Substance Counselor) has worked in a variety of practice settings for over 20 years. She has experience with couples and families using techniques focusing on current emotions as well as how each person's family of origin may be complicating the marital/family relationship. She has experience with LGBTQI couples, blended families, families adjusting to adult children leaving the home, as well as couples who have had problems involving infidelity and conflict over finances. Her work with individuals includes experience with depression and other mood disorders, grief, anxiety, trauma, substance abuse, adjusting to a new culture, and adult children achieving appropriate individuation from parents. Her work with families has included all of the issues listed above, but she does not see children on an individual basis. Claire is originally from New Mexico, with a Master's in Counseling through Boston University and a Post-Master's in Marriage and Family Therapy from Virginia Tech. She works to create a calming environment which can help a person review past choices and reflect on what future choices fit best with each person's values and hopes for the future. Her training informs her cognitive-behavioral and systemic approach to help you discover what may be preventing you from moving forward with your current situation. The first session will allow you to explore what made you choose this point in time to enter or re-enter therapy and whether her approach will fit your needs. The ability to refer to both the psychiatrists in the practice, along with the other therapist, offers you a great opportunity to choose a new therapeutic home.