



**Machaela Peters, MA, LMHC**

Licensed Mental Health Counselor

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**DISCLOSURE STATEMENT & INFORMED CONSENT**

**I. Education, Training, Experience**

In 2017 I received a Bachelor's of Science in Psychology and Addiction Studies from Indiana Wesleyan University. In 2019 I concluded my education with Indiana Wesleyan where I obtained my Master's in Clinical Mental Health Counseling. While in school, I engaged in clinical experience at St. Vincent Stress Center on the inpatient unit working with ages 18+ dealing with acute crisis. Additionally, during this time, I worked within a private practice clinic offering individual therapy to adults and conducted a process group for college students. Upon graduation, I joined Lifeline Youth and Family Services contracting as a Homebased Therapist for the Department of Child Services and Juvenile Probation. During this time, I received training in Trauma-Focused Cognitive Behavioral Therapy and served children and teens ranging from ages 4-17 years old, as well as adults, couples, and families. In 2020 I joined Sandra Eskenazi Mental Health on the Adult Outpatient Unit where I served as a Clinician to underrepresented adults dealing with severe mental illness within downtown Indianapolis. I have been trained in Crisis Prevention, Motivational Interviewing, Cognitive Behavioral Therapy, and Metacognitive Reflection and Insight Therapy.

**II. Counseling Orientation**

My therapy technique of choice is Cognitive Behavioral Therapy. This means I believe our thoughts impact how we feel and how we behave. However, I strongly believe that therapy is not a "one size fits all" and will flex my theoretical standpoint to meet the needs of my clients. I believe therapy should be client focused with great emphasis on listening, nonjudgmental curiosity, and empathetic understanding. My desire is to create a safe space for you to share your uniquely lived experience and address challenges collaboratively. I believe it is important to treat the "whole person," including emotional, physical, environmental, and spiritual. I have experience using techniques from Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Motivational Interviewing, Mindfulness, and Gestalt Therapy.