



RUSSELL CLAVER-OBINNA

I believe that we are all equipped with the tools to our success and wellbeing, however, finding and selecting the appropriate tools to our daily problems may be overwhelming. It is my calling to provide help and support, in a collaborative effort, to those seeking out the tools to their success and wellbeing because we are the experts to our lives, and it is my hope that I could bring awareness and clarity to one's own self-realization.

I am a graduate from Southern Connecticut State University with a master's degree in Clinical Mental Health Counseling focused on diverse populations. I have six years of experience working in the field of mental health, specifically treating adolescents and adults with trauma, attention-deficit hyperactivity disorder (ADHD), anxiety, depression, anger management, emotional disturbance and bipolar disorder, in school settings, clinical settings, and home environments. My experiences have been

with goal-oriented evidence therapeutic approaches involving Solution-Focused Therapy, Cognitive Behavioral Therapy, Motivational Interviewing, and Mindfulness Practices.