LIFEWORKS

PROVIDER INFORMATION SHEET

KERRY FINNEGAN

SHORT BIO

Kerry brings more than 25 years of experience in education, counseling, and behavioral health, helping individuals and families navigate emotional, behavioral, and life challenges. Her extensive background provides a deep understanding of how personal experiences, relationships, and family dynamics influence emotional well-being.

Kerry works with adolescents, adults, couples, and families experiencing anxiety, depression, ADHD, stress, trauma, parenting concerns, and relationship difficulties. Her approach is compassionate, practical, and collaborative, incorporating cognitive behavioral therapy, solution-focused strategies, and mindfulness techniques tailored to each client's needs. Kerry strives to create a welcoming, supportive environment where clients feel understood, develop effective coping skills, strengthen relationships, and gain the confidence to make meaningful, lasting changes.

AGES

- Teenagers
- Adults
- Elderly

MODALITY

- Individuals
- Couples
- Families

EVIDENCED BASED FRAMEWORKS

- Brief Therapy (CBT/Solution Focused)
- Cognitive Behavioral Therapy
- Humanistic Approach
- Mindfulness Based Cognitive Therapy
- Person Centered
- Positive Psychology
- Solution Focused Therapy
- Strengths Based

CLINICAL LICENSES

Licensed Clinical Mental Health Counselor - (LCMHC)

EDUCATION

Cambridge College
BS in Communication Disorders

Cambridge College
Master's Degree in Counseling Psychology

Cambridge College
Master's Degree in Special Education & Counseling Psychology

Cambridge College
Certificate of Advanced Graduate Studies in Counseling Psychology

CLINICAL SPECIALTIES

Assessment, diagnosis, treatment planning, treatment & collaboration of care of DSM-5 disorders, including:

- Anxiety
- Behavioral Issues
- Career Issues
- Coping Skills
- Depression
- Divorce Issues
- Family Issues
- Grief Reaction
- Life Transitions
- Marital Issues
- Parenting
- Relationships
- Resources
- Self Esteem
- Stress
- Trauma
- PTSD



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