LIFEWORKS

PROVIDER INFORMATION SHEET

KIMBERLY FORTIN

SHORT BIO

Kimberly offers a welcoming, supportive, and nonjudgmental environment for individuals navigating anxiety, depression, stress, relationship difficulties, substance use concerns, and life transitions. With a background in behavioral health counseling & addiction treatment, she understands how personal experiences, relationships, and everyday challenges can affect emotional well-being.

Her counseling approach is compassionate, practical, and collaborative. Kimberly believes in meeting clients where they are, helping them better understand themselves, develop healthy coping skills, and build confidence in their ability to make meaningful changes. Drawing on evidence-based therapeutic approaches, she works with each client to identify personal strengths, overcome challenges, and move toward greater emotional health and life satisfaction.

AGES	Populations
• Adolescence • Adults • ELDERLY	• Individuals

EVIDENCED BASED FRAMEWORKS

- Brief Therapy (CBT/Solution Focused)
- Cognitive Behavioral Therapy
- Life Coaching
- Mindfulness Based Cognitive Therapy
- Motivational Interviewing
- Solution Focused Therapy
- Strengths Based
- Recovery-Oriented Interventions

CLINICAL INFORMATION

Clinical Social Worker/Psychotherapist

Licensed Alcohol & Drug Counselor
(LADC)

EDUCATION

Bachelor of Science in Psychology
~ Granite State College

Master of Social Work
~ University of New Hampshire

CLINICAL SPECIALTIES

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

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



Kimberly Fortin, LADC, LICSW-C

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