

Ellery Wren

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About

I enjoy helping individuals create a life worth living. Therapy can help you get unstuck and empower you to take action on the things you've been wanting to do but have felt unable to achieve. Together, we will explore the internal barriers - such as self-doubt, fear, or negative beliefs - that are holding you back. Through this process, you'll gain insight, build confidence, and develop practical strategies to move forward. I am a Licensed Professional Counselor Associate (LPC Associate) supervised by Belinda Gale Hartschuh, LPC-S, LMFT-S, and see clients in-person in Plano, TX (USA) and online throughout the state of Texas.

Personal Information
