

Campbell County Resources

Name Of Organization : Free Indeed Counseling Services

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Brief Description Of Services :

I'm glad you're here!

I'm Katelyn Rosier. I was born and raised in Gillette, WY. I am a Licensed Clinical Social Worker (LCSW) and have been licensed since 2013. I've practiced in some unique settings including outpatient cancer treatment, juvenile court system, and K-12 education. In every role I've occupied, I've had the privilege to bear witness to amazing stories of life. Outside of counseling I enjoy life along side my husband, three kids, and two wild pups! I love working with children and adults! I have a unique focus for my work with each age group. With children and adolescents, I use trauma-informed therapies and focus on emotion regulation and coping skill development. Through this I help children understand the mind-body connection and how we can use clues within our bodies to understand and regulate our emotions. Often, I see children and adolescents struggling with anger, distractibility, lack of motivation, self-harm, suicidal ideation, and impulsivity. Although I still lean on traditional counseling methods, I work with adults from a Biblical counseling framework. From this approach, we explore our struggles and help for those struggles through the wide lens of the Bible. Often, I see clients struggling with relationships, parenting, addiction, career or work related issues, symptoms of depression, anxiety, suicidal ideation or chronic medical conditions.

Although the counseling framework I use with each age group is very different, my approach is the same. My favorite writer, Paul Tripp, makes this point: "You can not ask the law to do what only grace can accomplish." Although this statement is in reference to parenting, I find it applicable to role as a mental health counselor - though we use researched methods in counseling, these, in and of themselves provide no change in the human heart. It is only through relationship, relating to one another and bearing with one another in grace, unconditional willingness to accept that person in their transparency, that the person has the freedom to change. Just grace. That's my approach.



APPROACHES

Client Centered

Trauma Informed

Mind-Body Practices

Play and Art

INSURANCE ACCEPTED

Blue Cross Blue Shield

Cigna

United Healthcare

Wyoming Medicaid

FEES

Intake: \$200

Session: \$150 - \$200

AWARE Grant: \$0

CC Suicide Prevention Coalition: \$0

