

Sheila N. Hughes

Licensed Professional Counselor/Licensed Addiction Counselor



Profile

My desire is to help adults and adolescents on their path of discovery toward self-fulfillment. Using evidence-based treatment practices, we will uncover the core barriers of living your life to the fullest. As a Professional Counselor, with a decade of experience, I have a wide range of experience in mental health. Some areas of expertise are depression, anxiety, eating disorders, substance abuse, and working with members of the military. As a native of Colorado, I am happy to be working close to my home, and look forward to working with you on your journey.

Education

- 2018 - Regis University- MA in Clinical Mental Health Counseling
- 2018 - Community College of the Air Force-AA in Criminal Justice
- 2010 - Metropolitan State University of Colorado-BA in Behavioral Science/Human Services

CEO of Glow Up Counseling & Consulting, LLC

Background

Specialties:

- Anxiety
- Depression
- Trauma
- Substance Use

Treatment Approaches:

Cognitive Behavioral (CBT)
Dialectical Behavior (DBT)
Mindfulness-Based (MBCT)
Solution Focused (SBT)



CONSULTATIONS

Working as a consultant for different organizations, providing clinical work, group facilitation, as well as casework.



INDIVIDUAL THERAPY

Providing individual counseling for adolescents and adults ages 12 and up.



COMMUNITY ENGAGEMENT

Focusing on mental health wellness & education while collaborating with community organizations.