



## **Biana Mavasheva, LPC, QMHP** **Trauma Therapist | Integrative Health Healer**

Biana Mavasheva is a licensed professional counselor whose life has been her classroom. Graduate work at the Chicago School of Professional Psychology offered her the tools and modalities she needed to provide powerful interventions and supportive psychotherapy to her clients. Biana is skilled in working with many types of trauma, addiction and abuse, including sexual assault, depression, anxiety and relationship issues.

During the past decade, Biana developed and taught a range of community resources, including personal development workshops and courses in wellness. Her integrative approach to a mind-body-spirit healing process has its foundations in her spiritual counseling work. With an attitude of acceptance and non-judgment Biana utilizes practical tools for clarifying and strengthening the client's existing strengths, including mindfulness and cognitive-behavioral approaches. She is honored to engage in a therapeutic relationship with clients who are ready to join her in the healing process of therapy.

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