

Carrie Haugh
M.S.Ed School Psychology, Counseling, & Leadership
Advanced Certificate in Bilingual School Counseling

Carrie received her Masters degree in Psychology & Counseling from Brooklyn College in New York City. She has been working with children her entire professional career, in education, theater, & television. Carrie blends creative arts therapies such as drama, play, art, & sand tray with talking. She is currently a Professional Child Counselor who specializes in children, youth, & young adults. She works at The Academia Internacional as the school psychologist, as an on-call youth counselor with CIEE - Council on International Educational Exchange in Guanajuato, and in private practice in San Miguel de Allende.

Her focus is working with children on their strengths, needs, and emerging identities from a holistic, child-centered approach. Encouraging healthy development and expression, she works with children on coping skills, social/emotional issues, & self-esteem/self-compassion. As we know, many of these issues can affect children's academics and behavior. Carrie works on regulating emotions/behavior, self-expression, building confidence & self-esteem, all through the lens of unconditional positive regard and multicultural competencies.

Areas of focus:

- Anxiety/depression
- ADHD/Focus
- Impulse control/self-regulation (Group work & individual)
- Self-esteem
- Bullying
- Play therapy
- Separation/divorce/changing & blended families. (Group work & individual)
- Social Skills Building/mild autism (Group work & individual)
- Relocating/Transitioning abroad
- Grief (Group work & individual)
- Suicidal Ideation
- Anger/aggression
- LGBTQ Youth

Please call 917-808-5333 (US Cell Number) to schedule an appointment to meet about your child's needs or email at: childcounselingsma@gmail.com



