



# Carmen Barnes, LICSW, LADC

## *In-Person & Telehealth*

Carmen Barnes is a Licensed Independent Clinical Social Worker (LICSW) and Licensed Alcohol and Drug Counselor (LADC). She received her master's degree in Social Work from the University of Nebraska in Omaha, NE. Her goal as a therapist is to bring healing and restoration to individuals in need of hope. Carmen's clinical experience includes working with individuals who experience depression, anxiety, co-occurring substance use and mental health issues, family dysfunctions due to addictions, and spiritual issues.



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**Works with:** Adults (Ages 18 – 59) and families

- Adjustment Disorder
- **Anxiety Disorders**
- **Attention Deficit Hyperactivity Disorder (ADHD)**
- Chemical Dependency/Substance Abuse
- **Co-dependence**
- Communication Skills
- **Depression**
- Dual Diagnosis – *Substance Abuse and Mental Health*
- **Enneagram Personality Typing and Coaching**
- Group Psychotherapy
- Mental Health Assessments
- Mood Disorders
- Panic Disorder
- Relationship Issues
- Spiritual Issues

