

# Newsletter



## Happy New Year and Welcome to Our February Newsletter

Hello,

We wanted to reach out to clients new and old with some updates from our practice!

First, an acknowledgement of what many, many of our sessions have recently centered around - a changing political climate and its impact on our clients. The executive orders issued during Donald Trump's administration has to have profound effects on various communities, particularly those already vulnerable or marginalized. We recognize the emotional toll that these executive orders have taken on our clients. As mental health providers, we are aware of the compounding nature of trauma experienced by those impacted by these executive orders and offer compassionate, non-judgmental support. It is important to create a safe and welcoming space for individuals to discuss their experiences, process their feelings, and work toward healing in an environment that acknowledges and validates their struggles.

On a lighter note, in the coming months Whitney Barrell Counseling will undergo a re-naming, a re-emergence to better reflect our status as a group practice. What began as a solo practice is now a small group of clinicians who are dedicated to their clients and providing compassionate, comprehensive care. As far as how this will impact you as a client - hopefully not much, we're working on a new website, but our client portal will remain in use for ease of scheduling.

As always, we truly appreciate joining you in our office and serving as a sounding board, a support and an ally while you navigate life.

Sending you our best,

*Whitney, Annie, Allie, Kara, Mi'Recia and Vanessa*

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## Important Update: Rate Changes Effective April 1, 2025.

Effective April 1, 2025, there will be a rate adjustment for sessions with our therapists:

- Annie Hamilton, LCSW: \$150 per session (applies to all clients, both new and existing)
- Whitney Barrell, LCSW: \$170 per hour (applies to NEW clients only).

Annie Hamilton will be fully licensed as a licensed clinical social worker. This means she not only completed graduate school but also completed 3,000 hours of supervised sessions. Congratulations Annie! We appreciate your understanding as we make these adjustments to continue providing high-quality care and services. If you have any questions or need further clarification, please don't hesitate to reach out to our office.



### Meet Allie, MSWI

Hi, I'm Allie Olsen, and I am passionate about helping individuals and families heal, grow, and navigate life's transitions with greater peace, clarity, and resilience. I am currently completing my Master's in Social Work (MSW Intern) and have extensive experience in crisis intervention, trauma support, and mindfulness-based healing. As a mother of two, a lover of movement, and someone who has navigated life's many transitions, I have found great strength in living mindfully and embracing spirituality. I cherish the joy of a deep belly laugh, the grounding power of fresh mountain air, and the beauty of embracing life's journey. I truly believe that growth and beauty can be found in every season of life.

I am passionate about helping individuals through relational trauma, life transitions, anxiety, depression, and the grieving process. Grief is a deeply personal journey, whether it stems from the loss of a loved one, a relationship, or a life transition. I strive to provide a safe and compassionate space for clients to process their emotions and find meaning in their healing journey.



### Meet Vanessa, Our Practice Manager

Hello! I've really enjoyed getting to know some of you the past few months! As the practice manager, my goal is to create a warm and welcoming environment where you feel comfortable reaching out with any questions or concerns.

I've always loved helping people and want to be a friendly, supportive point of contact whether you need to schedule an appointment, have questions about our services, or just need guidance.

I understand that therapy can be a vulnerable experience, and I want to make the process as smooth and reassuring as possible.

I'm excited to be part of the team and look forward to getting to know you all!



A must read from our blog by M'Recia Seegmiller, CSW:

[What are Boundaries and Why are They so Important!](#)



Upcoming Groups:

Join us for our upcoming social skills and/or parenting groups.

To be added to the waiting list, please contact Vanessa at [hello@whitneybarrellcounseling.com](mailto:hello@whitneybarrellcounseling.com). Once additional dates and details are available we will reach out to you.

Ladies' Hygge Night

Date: Friday, February 21st

Time: 7 pm-8:30 pm

Location: Whitney Barrell Counseling Offices

Cost: \$15 per person

[Click here to sign up!](#)

Resources:

[Neurodivergent Resource Guide](#)

[What is Co-Regulation?](#)

[Co-Regulation Strategies](#)



We Value Your Feedback - Share your thoughts:

Your experience at our clinic matters to us! We're always looking for ways to improve our services and better support you. Please take a moment to share your thoughts by completing our quick feedback confidential survey.

Your input helps us create a more supportive and effective space for your care.

[Share your feedback here!](#)

*Thank you for reading.*



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