

Name: Olivia Carney, LPC, NCC

Title: Counselor

Education:

- Southern Connecticut State University
 - Master of Science in Clinical Mental Health Counseling
- Eastern Connecticut State University
 - Bachelor of Arts in Sociology

Licenses and Certifications:

- Professional Counselor (LPC)
- National Certified Counselor (NCC)

Professional Interests:

- Creating spaces where students can feel safe, understood, and valued.
- Fostering confidence and independence in students through meaningful relationship development.
- Cultivating an aware and attune campus community to address and support students struggling with mental health concerns.

Approach to Counseling, Coaching and Student Relations:

My approach to counseling is to view each individual as a human who deserves to be valued. I encourage students to be my guide and I recognize each individual needs different types of support, validation, and encouragement. I celebrate the differences of each student and aim to help them believe that they are worthy of celebration, too. My goal is to help students break down barriers to their personal, academic, and professional aspirations. I use person-centered, humanistic, and systems theories to guide my clinical approach.

Approach to Wellness:

I believe we must all work to achieve wellness everyday by making efforts to acknowledge the self-care and joy that exists in the mundane. Having a cup of morning coffee may seem like a time of day that is not worthy of recognition; I try to reframe my perspective to appreciate the moment. I love a hot cup of coffee on a cold day, as long as I remember to love it. I want to help students identify the things that bring them joy, too, even if it feels difficult or impossible at times, and to help them reframe their view to find joy on their journey toward wellness. Some of the other things that help me achieve wellness include spending time with my family and dog, reading, gardening, and sitting on my front porch after a long day.

Myers Briggs Identifiers: **Campaigner (ENFP)**

A **Campaigner (ENFP)** is someone with the Extraverted, Intuitive, Feeling, and Prospecting personality traits. These people tend to embrace big ideas and actions that reflect their sense of hope and goodwill toward others. Their vibrant energy can flow in many directions. Campaigners (ENFPs) are true free spirits – outgoing, openhearted, and open-minded. With their lively, upbeat approach to life, they stand

out in any crowd. But even though they can be the life of the party, Campaigners don't just care about having a good time. These personality types run deep – as does their longing for meaningful, emotional connections with other people.

[Introduction | Campaigner \(ENFP\) Personality | 16Personalities](#)

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