



Ranada Dalton, MAMFT, LMHC, ST

I am a licensed mental health counselor (LMHC) and life coach in Indiana with over 12 years of experience. I have a BS in Psychology and a MA in Marriage Family Therapy (MAMFT). I have worked with a variety of clients including trauma, sexuality (Sex Therapist), depression, anxiety, relationship challenges, parenting problems, and life transitioning (empty nest, divorce, new parents, getting married, etc.).

My counseling style is warm, empathetic, client centered, and interactive. I believe in treating people with respect, sensitivity, and compassion, and meeting them where they are. I strongly believe in the golden rule to treat people the way you want to be treated. My approach combines Cognitive Behavioral/Trauma Focus Cognitive Behavioral Therapy, Solution Focus Therapy, Narrative Therapy, Collaborative Therapy, Transgenerational Family Therapy and motivational interviewing counseling techniques. I recognize not every theory works for everyone, therefore, I will tailor our dialog and treatment plan to meet your unique and specific needs.

I commend you on taking the steps to seek therapy. This takes bravery and the self-awareness of needing help. I look forward to assisting you on this journey to becoming an enhanced and empowered version of yourself. I look forward to assisting you with your journey!!

Specialty/Experience

- Relationship issues
- Family conflicts
- Trauma and abuse
- Stress management
- Anxiety
- Sexuality (Self-esteem, LGBTQ, Intimacy-related issues, etc.)
- Grief/loss
- Parenting issues
- Anger management
- Life transitions
- Bipolar disorder
- Depression
- And more