





CHRYSTAL NELTHROPP

Counsellor, MA, LPC, DCC, BC-TMH



Details

-  Flexible pricing available
-  Online sessions available
-  English
-  Download PDF

About Chrystal

Participating in counselling is committing to your self that you are willing to investigate, integrate and evolve. Joining with you in this process, I will do my best to help you grow beyond limitations and thrive. It is my privilege and honour to do this work with you.

Integration, compassion, creativity and awareness are at the heart of my practice. Curiosity opens the door for our courage to emerge, creating space for present moment insight and inspiration. Promoting accountability and motivation for lasting change.

I am passionate about counselling and have felt called to this role for most of my life. I have a Bachelors of Science in Health Psychology and a Masters of Arts in Transpersonal Counselling Psychology. From the United States, I hold a License Professional Counselor credentialing through Portland Oregon, a nationally recognized Distance Certified Counselor certification and Board Certified - TeleMental Health Certification (BC-TMH). I have over 10 years of experience in private practice as a psychotherapist, counsellor and consultant, as well as in mental health agencies and inpatient psychiatric hospitals.

I offer native English speaking assistance to adults one-on-one, couples and groups. Sessions are available locally and online. I work with clients experiencing a spectrum of emotional, behaviour, relational, and physical symptoms. Those identifying as LGBTQIA, musicians, artists, and highly sensitive/intuitive have found relief in our work together. I have specialized training in Integrative, Contemplative and Gestalt approaches. Current focus has been on major life transitions, relocation and acculturation.

To help you get the most out of our counselling together, I

Education & Experience

- 2012-2018 Holistic Psychotherapist, Counsellor and Coach
Holistic Portland, Portland Oregon, United States
- 2018 Distance Certified Counsellor Certificate (DCC)
Telehealth Certificate Institute, United States
- 2018 Board Certified-TeleMental Health Provider (BC-TMH)
The Center for Credentialing & Education (CCE),
United States
- 2011-2018 Human Resource Consultant
Oregon and Colorado, the United States and Berlin,
Germany
- 2014-2015 Addiction Recovery Counsellor
DePaul Treatment Centres Hillsboro Oregon, United
States
- 2012-2018 Licensed Professional Counsellor (LPC) #C4615
Portland Oregon, United States
- 2010-2011 Psychiatric Inpatient-Unit Mental Health Worker
Boulder Community Hospital, Boulder Colorado United
States
- 2009-2012 PsGeriatric Psychiatric Team Leader
Windhorse Elder Care, Inc. Boulder Colorado, United
States
- 2008-2010 Therapeutic Support and HIV Counsellor
Boulder County AIDS Project, Boulder Colorado United
States
- 2007-2010 Masters of Arts Transpersonal Counselling Psychology
Naropa University, Boulder Colorado, United States

have a few suggestions. Invest the time that is needed for this work. Allow the process to unfold. Practice compassion for yourself and what is being revealed through this work.

Ready for the next step; contact me and we will arrange a time to connect.

- 2007 Bachelors of Science Health Psychology and Spirituality
Bastyr University, Kirkland Washington, United States
- 2006-2007 Crisis Line Emergency Responder
King County Crisis Line, Seattle Washington, United States
- 2005-2007 Associates of Arts Psychology
Seattle Central College, Seattle Washington, United States