

Caroline Redmon, LMFT



I am Caroline Redmon, LMFT and I've been in the mental health field since 2011. I have a Master of Divinity from Virginia Theological Seminary and a Master's Degree in Marriage and Family Therapy from the University of Phoenix.

My focus is to help people navigate their issues through collaborative teamwork. They are the experts of their life and I have some education to help the process along. We work as a team to explore obstacles of thoughts and feelings that impede them from having a healthy perspective of who they are.

My approach is one of empathy and compassion. I specialize in depression, anxiety, and life's challenges helping clients discover their own power and abilities to live a more fulfilling life.

I also focus on couple and family issues by helping clients develop healthier communication skills. I stress the importance of being open and honest and provide a setting of safety.

