



Alexis Cameron

MA, LPC

Alexis Cameron is a licensed professional counselor at Life Insight Therapy Collective. She is currently completing her doctorate in counselor education and supervision at Adler University and serves as an adjunct faculty member at Adler University. She is trained in Dialectical Behavioral Therapy and works from a Child-Centered Play Therapy modality. Alexis has worked with diverse populations in various settings that include: residential facilities, in-patient hospitalization settings, partial hospitalization day programs, community health centers, and private practice. She is passionate about helping children, adolescents, young adults and families struggling through depression, anxiety, trauma, difficult life stressors, and cultural/ethical issues. She has a special interest in working with schools to ensure they have what they need in order to thrive. She

creates a collaborative, supportive and therapeutic relationship with a focus on identifying effective ways to manage life's stressors. She focuses on empowering individuals to recognize and connect with their inner strengths, embracing resiliency and making room for personal elevation.