



ALLASHIA SMITH-HARRIS

LMHC-DP, CASAC-A

NEW YORK



914-229-9524



becoming.abetterme@yahoo.com



Becoming A Better Me, LLC



www.allashiasmithharris.com



Telehealth Counseling, In-person counseling

PROFILE

Allashia Smith-Harris is an African American Licensed Mental Health Counselor with Diagnostic Privilege and a Credentialed Alcoholism and Substance Abuse Counselor – Advanced level. She integrates evidence-based therapy with holistic, faith-informed practices. A very active Christian, she is comfortable incorporating clients' spiritual beliefs into sessions and may use prayer and biblical scripture when requested. She provides culturally responsive, client-centered care, supporting mental health and substance use recovery while honoring faith, wellness, and personal growth.

PAYMENT INFORMATION

- Fee varies per session
- Offering a sliding scale
- Accepts Insurance: Not Accepting Insurance

AREAS OF EXPERTISE

Marriage & Couples
 Ministry Leadership / Missionary
 Self-esteem, Relationship Issues, Stress
 Spirituality, Women's Issues
 Other: Clinical Supervision, Life Coach
 Depression, Anxiety

CLINICAL APPROACHES

Cognitive Behavioral (CBT)
 Christian Counseling,
 Couples/Marital, Family
 Faith-based,
 Integrative,
 Motivational Interviewing,
 Mindfulness-Based (MBCT),
 Solution Focus Brief Therapy,
 Trauma Focused,
 Other: Trauma informed supervision