



# ALLASHIA SMITH-HARRIS LMHC-DP, CASAC-A NEW YORK



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Becoming A Better Me, LLC



[www.allashiasmithharris.com](http://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