



# SHAKIRA O'GARRO

## LMHC-D

### CA, NJ, NY, PA, SC

914-214-7792  
 hello@cheerfulheartmhcppllc.com  
 [cheerfulheartmhcppllc.com](http://cheerfulheartmhcppllc.com)  
 Cheerful Heart Mental Health Counseling PLLC  
 Telehealth & In-person Counseling  
 Mon.- Wed. 10am to 7pm, Thurs. 1pm - 8pm, &  
 Sat. in-person in White plains, NY 10am -2pm

## PROFILE

Cheerful Heart Mental Health Counseling PLLC was born out of Shakira's personal journey. After years of navigating her own medical trauma and the emotional toll of chronic illness, she realized how often women's stories of pain and resilience go unheard in traditional care systems. As a Black, English-speaking Christian practitioner she is very active in her faith tradition and feels very comfortable sharing her spiritual beliefs to support the therapeutic process. With the client's consent or request, she incorporates holistic practices such as prayer, meditation, and biblical scripture into sessions. She is also very comfortable working with clients for whom faith plays a central role in their lives.

## PAYMENT INFORMATION

- Individual Therapy \$225
- Accepting Insurance: Employee Assistance Programs (EAPs),
- Out of Network: United Health Care, Aetna, Cigna,

## AREAS OF EXPERTISE

Spirituality  
Trauma & PTSD  
Women's Issues

## CLINICAL APPROACHES

Christian Counseling  
Acceptance & Commitment  
Faith-based  
Trauma Focused  
Integrative  
Other: EMDR