

Dena Crosby Counseling to be Featured on Close-Up Talk Radio

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[/EINPresswire.com/](http://EINPresswire.com/) -- We decide things about life and people and relationships based on our early experiences. Eventually, however, these preconceived ideas outlive their usefulness and prevent us from living a full and rich life. To achieve the life we have dreamed of and become the person we were meant to be, the best place to start is our faith.

Dena Crosby is a licensed independent mental health practitioner specializing in [faith-based counseling](#). As the founder of Dena Crosby Counseling, Dena works with individuals struggling with relationships, trauma, anxiety, depression and addiction in the hopes of taking them “from broken to beautiful.”

“People who visit my office are hurt and broken. They often say ‘life is just not going the way I hoped it would.’” says Dena. “I try to ascertain what is holding each of them back from a fulfilling, purposeful and intentional life.”

Though Dena describes herself as an evangelical Christian, as a faith-based counselor Dena says she “meets people where they are” in terms of their own spiritual world.

“I apply my faith to my practice. It is a core part of who I am. I believe God called me to do this,” says Dena, “We are all mind, body and soul; to explore only one aspect of ourselves is not going to help us be the beautiful person we were meant to be.”

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While faith can play a central role in counseling, Dena draws upon a number of disciplines and modalities including gestalt, cognitive-behavioral therapy, journaling, rededication therapy and transactional analysis. She says she subscribes to Dr. Carl Rogers’ philosophy of [unconditional positive regard](#): accepting the natural value of a person.



“I’m here unconditionally for you. I’m not judging you. I’m not prescriptive. I am going to respect you and listen,” says Dena. “I am most proud of my clients, the courage they exhibit when they walk into a counselor’s office willing to bare everything. As complex as we are it’s very simple: people want to be heard.”

Close-Up Talk Radio will feature Dena Crosby in an interview with Jim Masters on June 27th at 2pm EST and with Doug Llewelyn on July 3rd at 12:30pm EST.

Listen to the show

<http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.

For more information on Dena Crosby Counseling, visit <http://www.denacrosbycounseling.com>.

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