

Dr. Dawn Harbin, Spotlighted By Influential Women, Advances Hope-Focused Care Through Compassionate Clinical Leadership

ANDERSON, SC, UNITED STATES, September 30, 2026 /EINPresswire.com/ -- A Seasoned Psychologist, Author, and Clinical Leader Helps Individuals Recognize Resilience, Navigate Challenges, and Move Toward Meaningful Change

Anderson, South Carolina – Dr. Dawn Harbin, Ph.D., LPC/S, LPC, NBCC, NCC, has built a career around a simple but powerful belief: people can move through difficult circumstances and discover positive possibilities within themselves. As a psychologist in private practice with LifeStance Health in Greenville, South Carolina, she draws on more than 22 years of experience in behavioral health to help individuals navigate mental illness, suicidal ideation, grief, and negative thought patterns. Her approach is rooted in strengths, hope, and the belief that people should be understood as individuals rather than defined by the challenges they experience.



Dawn's interest in helping others began long before she entered the mental health profession. Friends and peers frequently turned to her for guidance and support, and she found herself naturally drawn to listening, encouraging, and helping people work through difficult situations. Those early experiences eventually developed into a lifelong commitment to psychology and counseling.

Today, Dawn combines extensive clinical experience with a genuine interest in people and their progress. What continues to motivate her is seeing individuals begin to experience meaningful changes. When a client starts doing better, speaks more positively, looks healthier, or begins

moving forward after a difficult period, Dawn sees those developments as deeply rewarding. Watching people progress through challenging circumstances remains one of the central reasons she continues to find purpose in her work.

Her people-centered approach also extends beyond the therapy room. Dawn describes herself as the “office butterfly,” someone who moves around, talks with colleagues, and checks in with people to see how they are doing. If someone appears to be struggling, she makes a point of asking whether everything is okay. She enjoys sharing resources, learning from other professionals, and exchanging useful information with colleagues. For Dawn, professional growth is not something that happens in isolation. She appreciates an environment in which people continue learning from one another and contribute resources that can help everyone develop.

Building a Broad Clinical Foundation

Throughout her career, Dawn has worked in outpatient environments, private practice, and psychiatric hospitals throughout South Carolina. These experiences have given her an understanding of the varied circumstances that can affect individuals and families seeking behavioral health support.

Her professional background has also included significant leadership responsibilities. At The Carolina Center for Behavioral Health, she served as Director of Outpatient Services and Intensive Outpatient Program Coordinator. In these roles, she was responsible not only for clinical responsibilities but also for supporting the development of other professionals entering the field.

Supervision and mentorship remain important aspects of Dawn’s work. She works with clinicians who have earned their master’s degrees and are progressing toward licensure, helping them navigate the transition from academic preparation into professional practice. Her guidance emphasizes patience, careful consideration, and empathy.

Dawn encourages developing clinicians to think about their work from the client’s perspective. Before making decisions about how to approach an individual, she believes clinicians should consider how they would want to be treated if they were in that person’s position. That perspective informs her emphasis on compassion and thoughtful clinical care.

She is particularly mindful of the responsibility involved in diagnosis. Dawn encourages clinicians to approach diagnostic decisions carefully, particularly when they do not yet have a complete understanding of what a client is experiencing. Rather than immediately moving toward a more severe diagnosis, she believes clinicians should take a measured approach and continue gathering information. For Dawn, this reflects a broader principle of treating people with dignity and recognizing that a diagnosis should describe an illness, not define the individual.

Seeing the Person Beyond the Diagnosis

One of the lessons that has remained particularly important throughout Dawn's career is the distinction between a person and a mental health condition. She believes individuals should be recognized by their names and identities rather than reduced to a diagnosis.

A person may have an illness, she explains, but the illness does not become the person. This distinction reflects Dawn's broader strengths-based philosophy and her desire to help clients recognize that difficult experiences are only one part of their lives.

Her work also incorporates the importance of hope, positive thinking, and personal resilience. Dawn encourages people to use affirmations they genuinely connect with and to place those affirmations somewhere they will regularly see them. She believes small, intentional reminders can help reinforce positive perspectives and keep individuals connected to the goals they are working toward.

Giving oneself grace is another principle Dawn considers essential. Mental health work can involve difficult situations, complex personalities, and emotionally demanding days. Dawn believes it is important to acknowledge when someone is working hard while also allowing room for compassion toward oneself. She applies this principle in her own life and encourages her clients to do the same, recognizing that everyone encounters problems and that no person's circumstances make them immune to difficulty.

A Career Guided by Action and Perseverance

Dawn credits much of her professional outlook to advice she received from her oldest brother. He encouraged her to recognize that five years could pass without meaningful change if she did not take action toward what she wanted. His message was straightforward: pursuing goals requires effort, and ultimately, the responsibility to move forward belongs to the individual.

That philosophy has remained relevant throughout Dawn's career. She encourages young women entering behavioral health to first determine how far they want to go professionally. Whether that means pursuing a bachelor's degree, master's degree, or PhD, she believes aspiring professionals should think carefully about what they want to accomplish and create a roadmap for reaching those goals.

Once they begin, Dawn encourages them to keep moving forward rather than allowing setbacks to become reasons to stop. She believes challenges should not automatically be viewed as failures. Instead, young clinicians can learn from difficult experiences and continue developing their skills.

Having a support system is another important part of that process. Dawn encourages emerging professionals to cultivate relationships with people they can turn to, including colleagues who understand the realities of working in behavioral health. For professionals entering a demanding field, knowing when to seek guidance and having people available to provide perspective can be valuable.

Navigating the Realities of Behavioral Health

Like many professionals working in mental health, Dawn encounters challenges that can be difficult to resolve. One of the most frustrating situations for her is when a client is not making progress despite efforts to identify an approach that may help. The experience can be difficult because Dawn cares deeply about seeing people improve and move toward healthier circumstances.

The demands of the profession can also make work-life balance challenging. Long days and emotionally demanding responsibilities can make it difficult to transition from professional life into personal time. Dawn has discussed these issues with younger clinicians, including the importance of finding ways to unwind after work and establishing boundaries that allow professionals to maintain their own well-being.

She also recognizes the lasting impact of the COVID-19 pandemic on behavioral health and interpersonal relationships. In her view, the pandemic significantly changed the way people interact and communicate, with effects that have continued beyond the immediate crisis. These changes have added another layer of complexity to understanding how people connect and respond to challenging circumstances.

Dawn's career has required her to remain adaptable while continuing to focus on the individual in front of her. Whether working in person or through telehealth, she strives to meet clients where they are and provide an environment centered on understanding and progress.

Extending Compassion Beyond Clinical Practice

Dawn's commitment to helping others extends beyond her professional responsibilities. She is an accomplished author who wrote *Sending Becky to Heaven*, a children's book designed to help families discuss and process grief. She is also developing a second book, continuing her interest in creating resources that can support people through difficult experiences.

Her dedication to children and families is also reflected in her nearly two decades of volunteer work with Project Linus, where she has created blankets for children experiencing illness and hardship. The volunteer work represents another expression of Dawn's belief in doing something tangible to provide comfort and support.

Her contributions to the community have also received public recognition. In 2013, she was featured on the cover of *Anderson Life Magazine*, reflecting her involvement and presence within the community.

Outside of psychology and volunteer work, Dawn has a wide range of interests. She is an avid reader and book collector and enjoys antiques and collecting blue-and-white china. She also sews costumes for children in her neighborhood and enjoys cooking, fashion, and design. These interests provide creative outlets alongside the demanding responsibilities of her professional

life.

Remaining Genuine and Committed

Honesty and authenticity are central to the way Dawn approaches both her professional and personal life. She believes in being genuine rather than putting on a façade or attempting to become someone she is not. Her naturally friendly personality is reflected in the way she interacts with people, including those who are not her clients. She makes an effort to greet people and engage with them, reflecting her belief that meaningful human connection can begin with simple acts of kindness.

Hard work is equally important to Dawn. She believes people should do everything they can to accomplish the goals they have established for themselves and should resist the temptation to give up when circumstances become difficult. There may be moments of uncertainty, frustration, or even tears, but Dawn believes those moments do not have to determine the outcome.

That perspective connects the different parts of her career. Whether she is counseling a client, supervising an emerging clinician, writing about grief, volunteering for children, or pursuing her own personal interests, Dawn remains committed to being genuine, working hard, and encouraging others to continue moving forward.

For more than two decades, her work in behavioral health has centered on people and their potential for progress. Her strengths-based, hope-focused philosophy allows her to approach mental health care with compassion while encouraging individuals to recognize their own resilience. Through clinical practice, mentorship, writing, and community service, Dawn continues to create opportunities for people to feel supported, understood, and capable of meaningful change.

Learn More about Dawn Harbin:

Through her Influential Women profile, <https://influentialwomen.com/connect/dawn-harbin-phd> or through LifeStance Health, <https://lifestance.com/provider/therapist/sc/greenville/dawn-harbin/>

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