Oceanic Counseling Group Welcomes Tamara Newton, LPC, to Its North Charleston Office

Experienced counselor brings Internal Family Systems expertise and neurodiversity-affirming care to adults in the Lowcountry.



NORTH CHARLESTON, SC, UNITED STATES, October 29, 2026 /EINPresswire.com/ -- Oceanic Counseling Group today announced that Tamara Newton, LPC, has joined its North Charleston office, expanding the practice's capacity to serve adults navigating life transitions, anxiety, trauma, and depression. Newton is now accepting new clients.

A Licensed Professional Counselor with extensive clinical experience, Newton provides a safe, nonjudgmental space where clients can explore the challenges in front of them and build the communication and connection needed to move through them.

Much of Newton's career has centered on Internal Family Systems (IFS), a model that helps clients safely explore and heal core vulnerabilities. She also brings a strong background in supporting neurodivergent individuals, including those on the Autism Spectrum, and practices from a neurodiversity-affirming perspective that celebrates differences, honors authentic communication styles, and works alongside clients to build environments where they can thrive.

Newton's approach also draws on the connection between body and mind. She teaches clients

how physiology shapes emotion, pairing nervous-system education with somatic therapy to gently release stress and trauma stored in the body. Believing therapy should be as unique as the person seeking it, she integrates Cognitive Behavioral Therapy (CBT) and Behavior Activation to reframe thought patterns, Acceptance and Commitment Therapy (ACT) to build resilience, and assertiveness training to strengthen relationships. A social justice lens runs throughout her work, acknowledging the systemic factors that affect mental health.

"Tamara brings exactly the kind of depth and range our clients deserve," said Austin Rowell, LPCS, Clinical Director of Oceanic Counseling Group. "Her IFS work helps people reach the parts of themselves that are hardest to face, and her neurodiversity-affirming approach means clients are met as they are, not asked to mask who they are. Her belief that therapy is about adapting and flourishing fits the heart of what we do, and we're thrilled to have her in North Charleston."

Newton describes her commitment as being an empathetic guide, empowering clients through self-discovery to live up to their full potential. She is accepting new adult clients at the Oceanic Counseling Group North Charleston office.

To schedule an appointment or learn more, visit www.oceaniccounseling.com or call the office.

About Oceanic Counseling Group
Oceanic Counseling Group provides compassionate, evidence-based mental health care to individuals, couples, and families through 10 offices across South Carolina and virtual sessions statewide. Its team of licensed clinicians tailors counseling to each client's needs, and the practice accepts most insurances.

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