

Meet the Provider: Christine Kerr, Ph.D., LMHC

Interviewed by David R. Parker, Ph.D.



❖ *What is your role at CRG?*

I am a therapist to adolescents and adults. I also lead a mothers' support group and participate in CRG's educational outreach activities, such as speaking at our annual conferences.

❖ *What issues do you address in therapy?*

I see adults and adolescents who are facing a variety of mental health issues, including Asperger's, anxiety, depression and stress. I also see individuals and couples dealing with marital and other relationship concerns. I often help adults who are grappling with parenting challenges, and work with clients whose lives have been impacted by divorce. Furthermore, I provide therapy to adolescents struggling with academic, behavioral, and social/peer difficulties.

❖ *Do you specialize in a particular type of therapy?*

I tailor my therapy and counseling to the needs of the client, but primarily I rely on a cognitive-behavioral approach or in-depth therapy depending on the issues involved. My goal is to create a warm and open environment in which clients can grow. I work with clients to develop a plan which includes specific goals. In that regard, my business background has stood me in good stead.

❖ *Tell us about the Mothers' Support Group you lead.*

It is for mothers who have kids with a diagnosis. It meets on the third Wednesday of each month for an hour at noon - moms are welcome to bring their lunch. There is no charge for the group.

❖ *What is your professional background?*

I started my work life in the world of business and have an MBA. I did my masters in counseling psychology in Northern California and got my Ph.D. in counselor education at ISU. I am licensed in the state of California as a Marriage and Family Therapist (LMFT) and in Indiana as a licensed Mental Health Counselor (LMHC). In California I facilitated a drug prevention program at Piedmont High School. I am also trained in critical incident debriefing (CID) so, historically, I have worked with corporations as a debriefer in the immediate aftermath of a traumatic event such as an unexpected employee death or work layoff. I worked for the Hamilton Center Youth Service Bureau as their staff therapist. In private practice I've worked extensively with divorce recovery.

❖ *What do you most enjoy about your work at CRG?*

Above all, it is a pleasure to work with the adults and adolescents I see. I also enjoy being with my colleagues at CRG who provide opportunities to collaborate and learn through our integrated approach to helping and caring for people. It is an extraordinary place to work.

❖ *What do you enjoy doing when you're not at work?*

Being with family, friends and animals - after that - anything that includes good food, talking and laughter.

For more information about Dr. Kerr and her services at CRG, please visit:

http://www.childrensresourcegroup.com/providers/christine_kerr/