



Dr. Bob Nolan, Ph.D., LMHC

**FL LMHC MH3422
Mental Health Counselor**

I am a licensed mental health counselor in Florida, with over 25 years of experience working as a counselor, college professor, and consultant. I have worked with clients with a wide range of concerns including depression, anxiety, relationship issues, parenting problems, lifestyle changes, personality disorders, bipolar disorder and ADHD. I also helped many people who have experienced physical and emotional trauma, as well as substance abuse issues.

My counseling style is considerate and personable. I believe in treating all people with compassion, respect, and sensitivity, and I believe that the client knows themselves best. My approach combines cognitive-behavioral, humanistic, psychodynamic, and rational-emotive counseling. I will tailor the relationship and treatment plan to meet individual unique and specific needs.

Professional experience

30 YRS IN Practice

Additional areas of focus: Addictions, LGBTQ, Relationship issues, Family conflicts, Grief, Intimacy-related issues, Eating disorders, Sleeping disorders, Parenting issues, Anger management, Self-esteem, Career difficulties, Coping with life changes, Coaching, Compassion fatigue, Attachment Issues, Caregiver Issues and Stress, Chronic Pain Illness and Disability, Divorce and Separation, Drug and Alcohol Addiction, Fatherhood Issues, Forgiveness, Guilt and Shame, Infidelity, Men's Issues, Mood Disorders, Panic Disorder and Panic Attacks, Post-traumatic Stress, Workplace Issues

Clinical approaches: Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Existential Therapy, Mindfulness Therapy, Psychodynamic Therapy, Trauma-Focused Therapy