

Renée Pitts:

Renée Pitts, MEd, LPCC-S, CDCA has earned a Master of Science in Education in Clinical Mental Health Counseling from Youngstown State University. She is a Licensed Professional Clinical Counselor and a certified Chemical Dependency Counselor Assistant. Renée is a Certified EMDR Therapist and an Approved Consultant through the EMDR International Association (EMDRIA). She has worked in mental health treatment providing therapy as a residential and outpatient counselor. Her distinctive background includes a specialized focus of study in exercise and the nutritional effects on mental health and overall wellness, including continued studies in Tibetan medicine and herbology. She has also studied various meditation techniques for over 25 years under several teachers in the United States, India, Nepal and Tibet. With a strong understanding of western science, combined with her practice in mind/body experiences, meditative techniques, and the study of nutrition and integrative mental health, Renée blends these as modalities into her counseling practice. She is also able to share a practical understanding of applying mind, body and spirit to bring about a greater level of wellness and health into the lives of her clients. Renée provides instruction at a monthly meditation group she holds at Blue Star Family Counseling Services, Inc. and she assists in EMDR trainings. She also has taught at Youngstown State University and other sites around the local area on meditation and mindfulness. The focus of her clinical work utilizes EMDR Therapy, mindfulness and meditation, nutrition and integrative medicine and she specializes in trauma, substance abuse and addiction, spirituality and religious values, and wellness with adults and adolescents.