

Christa Oberthier, MA, CSC, LPC



As a Licensed Professional Counselor, I am excited to be a part of the Legacy by Impact team. I am from the Longview, Texas, where I started my career in education. I graduated from East Texas Baptist University with Bachelor of Science degree in Secondary Education and taught for 8 years before moving into school counseling. I earned my Master of Art degree from Stephen F. Austin State University affording me the opportunity to eventually transition full time into mental health as an LPC-Intern. I have diverse experience across settings. In addition to school counseling, I've worked at a behavioral hospital over a dual diagnosis unit, a local counseling center, a non-profit FQHC where

I provided individual psychotherapy, and worked as Counselor for maternity services for a non-profit foster and adoptive care agency. I also enjoy public speaking having presented at Region 4, East Texas Network for Children and local school districts delivering professional development and presenting to students on mental health topics. I am member of Texas Counselor Association and International Association of Trauma Professionals. My practice primarily focuses on working with adolescents and adults who struggle with trauma and mood disorders. I am credentials as Certified Clinical Trauma Professional and trained in EMDR. Commonly utilized therapeutic modalities include Solution Focused Brief Therapy and Cognitive Behavioral Therapy.



As a counselor, I hope inspire and encourage people. I have a passion for helping people to discover their potential and activate their ability to bring about necessary change to live purposefully. I have a heart for people who are hurting and struggling to find acceptance and a sense of belonging. My goal as a counselor is to partner with clients providing them opportunities to gain a greater sense of self and bring about the change they seek realizing they have worth and value.

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