



Clarity Counseling Solutions, LLC



clarity counseling solutions



@CLARITYCOUNSELINGSOLUTIONSLLC

Laura Markham, MA

**In person & Telehealth sessions*

Our past experiences, including trauma, can carry both pain and valuable insight. I help clients make sense of their story, celebrate their strengths, and explore new paths forward, so that healing isn't just about coping, but about discovering joy, purpose, and hope in everyday life.

With four years of child welfare experience working within the foster care system, I've developed a deep understanding of trauma, attachment, family dynamics, and the unique needs of children and families impacted by foster care and life transitions. This work has strengthened my belief in each person's resilience and capacity for change, even in the midst of trauma.

My approach to therapy is collaborative, strengths-based, and tailored to your personal goals. I integrate evidence-based practices, including Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Client-Centered Therapy, Dialectical Behavior Therapy (DBT), and Emotionally Focused approaches. Together, these modalities help clients build emotional regulation skills, challenge unhelpful thought patterns, strengthen relationships, and live more fully in alignment with your values.

It's an honor to be part of your journey towards healing and purpose. You don't have to do hard things alone.

Clarity Counseling Solutions, providing integrated holistic counseling services to meet your individualized needs.



Why Choose Clarity

Seeking help can be one of the most rewarding decisions you make. Here at Clarity Counseling Solutions, our approach is individualized and tailored to your specific needs and goals. We believe in healing together, as we cannot walk alone on the road to recovery and self discovery. Are you ready to begin your journey today?

 **Clarity Counseling Solutions, LLC**



I started my time with Clarity, hopeless and blurry-eyed and it ended up being one of the most eye-opening transformative journeys of self-discovery in my life. Their extensive qualifications made me confident they could help me. They listened to my concerns and offered a combination of validation for how I was feeling and thoughtful insight. I felt safe, seen, heard and more importantly, I felt hopeful. I am eternally grateful for Clarity Counseling. - Jamie

→ Laura's Specialties & Expertise

Individual & Family Counseling

- adolescents, teens & young adults
- trauma
- life transitions
- attachment & relationship patterns
- family conflicts
- anxiety & depression
- school/work issues
- emotional regulation & coping skills

→ Clarity Counseling Solutions In Network Insurance Plans

Insurance Plans

United/Optum
Cigna
Baycare Cigna
Aetna
FL Blue

EAP Plans

United/Optum
Cigna
Aetna
Behavioral Health Systems
New Directions

GOOD FAITH ESTIMATE OF SERVICES PROVIDED FOR PRIVATE PAY RATES.

CALL OR EMAIL TO SCHEDULE

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