

## PROFESSIONAL BIO

Elect Star, DMin, LMHC, CCTP, CATP

Dr. Star earned her Bachelor of Arts in Religious Education at Aeon Bible College, Indianapolis, Indiana; Master of Theological Studies at Christian Theological Seminary, Indianapolis, Indiana and her Doctor of Ministry in Pastoral Care and Counseling at Christian Theological Seminary, Indianapolis, Indiana.

Dr. Star's specialized training includes: Clinical Pastoral Education (CPE) at St. Vincent Indianapolis Hospital, IU, Methodist and Riley Hospital; Play Therapy at Christian Theological Seminary, Certified Compassion Fatigue Professional and Certified Child & Adolescent Trauma Professional.

As a Mental Health Counselor, Dr. Star's goal is to provide a safe and caring space for clients to work through their issues or history of trauma, and to overcome obstacles in their path. Dr. Star strives to empower individuals and families with information and resources that will bring understanding to their situation and equip them to better cope with their daily stressors. Dr. Star's therapeutic interventions are professional and creative, including art, creative writing, play therapy, music and story-telling. Her passion includes helping clients identify their strengths and weaknesses and raise their self-awareness in order to effectively achieve their personal goals, dreams and aspirations.

Dr. Star has experience working with clients who struggle with spiritual issues, anger management, depression, anxiety, grief and loss, parenting, low self-esteem, relationships and domestic violence.