

Adria Vollmer, MA, LPC

Counselor / Mental Health Therapist GreenPath Clinic
GreenPath Clinic

Adria is a licensed professional counselor who believes every person deserves to have a healing space to work through life's difficulties without judgment. Adria has four years of experience working in the mental health field. She is passionate about working with children, teenagers, young adults, and families; however, she describes herself as a "people person" and has great therapeutic relationships with individuals across the lifespan.

Adria works from a client-centered approach, and uses a blend of Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Play Therapy for children, and mind-body approaches to support the individual in a strength-based way. Adria is certified in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). She has experience working with clients experiencing trauma, depression, anxiety, relationship challenges, low self-esteem, family issues, LGBTQ(+) related issues, and neurodevelopmental disorders.

Adria obtained her Bachelor of Science in Psychology at Harding University, her Master of Science in Clinical Mental Health Counseling at Harding University, and her Education Specialist degree in Clinical Mental Health Counseling at Harding University.

When Adria is not at work, she enjoys exploring new cities, state parks, and restaurants with her family and friends. She describes herself as a "nature girl" and spends as much time as she can outside camping, hiking, fishing, gardening, and swimming. Adria loves to include her cat, Gump, on all of her outdoor adventures.