



Lifetime Behavioral Health

... focused on wellness

Susan Garrison has a heart for encouraging others to develop a deeper level of personal, social, spiritual and professional growth in their lives. She is a licensed clinical social worker who has a passion to support others as they create change and experience healing in their lives, as well as a deeper satisfaction in their relationships.

She provides individual therapy for adults, adolescents and children, as well as marital and family therapy. Susan is also a personal life coach for those looking to make changes in their lives.

Susan has a special interest in working with individuals and couples who are looking for effective ways to regulate emotions and resolve their anxiety, depression, trauma, co-dependency, grief/loss, and spiritual issues. She specializes in women's issues, premarital counseling, compassion fatigue, strategic parenting, life transitions and improving marital and parent communication, stress management, effective communication strategies, and conflict resolution. She received her Master's Degree from Florida International University. She has been helping people for 17 years.



Susan encourages early intervention using preventive services such as premarital counseling, life coaching, and mental health tune ups. Susan supports change in creative, individualized ways using client's strengths, learning styles, art therapy and cognitive-behavioral therapy. She also enjoys facilitating seminars and workshops on a variety of topics for retreats, schools, community events, and churches.