



Lauren Alford, MA (2026)

Professional Counselor, In
Training(Internship Student)

A Note From Lauren

Hi, I'm Lauren, and I'm currently pursuing my Master's degree in Clinical Mental Health Counseling at the University of West Alabama. As part of my graduate training, I am actively completing my practicum, where I have the privilege of working closely with individuals on their unique journeys toward growth and healing.

I believe counseling is a transformative process that allows individuals to rediscover themselves, confront challenges, and cultivate resilience. Through counseling, we can explore the impact of past experiences, identify patterns that no longer serve us, and develop tools to navigate life's complexities with confidence. I approach counseling with the belief that everyone has the capacity for change and the potential to live a meaningful and fulfilling life.

If you're ready to take that step toward understanding yourself better, I'd be honored to walk alongside you on your path to self-discovery and wellness.

Populations:

Adults Women

Specialties:

Trauma Stress Management
Anxiety Depression
Self Esteem Substance Use

Techniques:

CBT Gestalt
DBT EFT
Mindfulness Meditation

About DePriest Center

DePriest Center welcomes all people, from all walks of life, all backgrounds, all beliefs... all life stories. You will find genuineness, unconditional positive regard, empathetic understanding, and absence of judgement in your therapeutic relationship and within the walls of DePriest Center. The heart of DePriest Center is to honor God by serving people with respect, integrity, and love. We meet you where you are and, through the beauty of therapeutic journey, you are able to integrate the power of hope, healing, restoration, and life within yourself, your relationships, and your continued life journey.