

Alesha Harris



This journey of life can take us through many trials and triumphs. At times we need a reminder of the tools we possess within to help manage life transitions. I strive to create a culturally sensitive therapy environment in which clients can feel safe to engage in the therapeutic process. My role is to provide a collaborative experience to determine precise goals for change. I work from an integration of relational cultural, psychodynamic, and cognitive behavioral frameworks. I specialize in working with children, adolescents, and adults. I am trained to treat many different presenting concerns including ADHD, anxiety, depression, grief & loss, trauma, identity development, relationship issues, and career development. I actively address factors related to race, gender, age, religion, and sexual orientation by focusing on how your relationships, communities, and lived-experiences in society affect your daily life.