



Emily Lichter

Licensed Independent Clinical Social Worker



Child & Adolescent
Therapy

Let's Connect!

www.acpcounseling.com

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Services

- ages 3-18 years old
- in-person or telehealth
- currently accepting BCBS, Aetna, & Optum insurance
- anxiety, depression, unresolved trauma, suicidal thoughts, and grief

About Me

I earned my Master of Social Work from the University of Nebraska at Omaha in 2022 and have experience working with youth and their families at Boys Town prior to joining Associated Counseling Professionals. My passion continues to remain with empowering youth and assisting them and their families to achieve their goals and improve their overall well-being. I use a variety of therapeutic approaches including Cognitive Behavioral Therapy, Motivational Interviewing, Solution Focused Therapy, and Trauma Focused - Cognitive Behavioral Therapy. Out of the office, I am a wife and proud dog mom, usually you can also find me knitting!

