

Spirit, PhD, LPC, NCC, CFMHE

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Spirit, a Doctor of Psychology, Nationally Certified Counselor and Licensed Therapist, is passionate about eliminating mental health stigmas and believes people of all ages could benefit from routine mental healthcare. She's one of 64 U.S. clinicians certified to conduct mental health evaluations and serve as an expert witness in court. She has appeared on 200+ shows and networks including: Dr. Phil, Dr. Drew, CNN, BBC, and as the host of, "Love Goals," on OWN.