



MEET THIS MONTH'S CLINICIAN!

CHANDRA HITZ



Associate Clinical Mental Health
Counselor (ACMHC)

Specializing in anxiety, depression,
relationships, and more.

Chandra works with adults and couples.

Her approach is CBT, DBT, mindfulness, and
reality therapy.

WELCOME TO ROOTS COUNSELING & WELLNESS

My name is Chandra W. Hitz, and I am an Associate Clinical Mental Health Counselor (ACMHC) at Roots Counseling. I primarily work with adults in individual and couples counseling. I especially enjoy working with older women navigating life transitions and seeking empowerment through positive change. I also enjoy working with couples who are motivated to strengthen communication, face challenges honestly, and take responsibility for their growth together.

My approach to therapy is collaborative and grounded in whole-body wellness, supporting mental, emotional, and physical health. I integrate skills-based learning through evidence-based models, including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), mindfulness practices, and Reality Therapy/Choice Theory. For clients who desire it, I also incorporate a spirituality or existential perspective into our work.

I believe everyone deserves a safe, supportive space during the therapeutic process. I am passionate about helping clients discover new ways of being and building a strong therapeutic alliance rooted in trust and mutual respect. My goal is for clients to feel seen, heard, understood, and genuinely supported. I want them to know they are not alone and that I am in their corner.

I chose this field because of my deep desire to help people improve their relationships with themselves and with others. What keeps me motivated is witnessing meaningful, lasting change. To me, growth looks like real, tangible progress built through small, everyday shifts. There is no timeline for transformation; it may take weeks or years, but those consistent, intentional steps create a more grounded and fulfilling life.

"Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." -Viktor Frankl

One of Chandra's favorite quotes

Struggling doesn't mean
you're failing, it means
you're human.

