



## MEET THIS MONTH'S CLINICIAN!

DARIAN HALL



Associate Marriage and Family Therapist  
(AMFT)

**Specializing in** relationships, trauma, personality disorders, and more.

**Darian works with** couples, families, individuals, and more.

**His approach is** EFT, ACT, DBT, and more.

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## WELCOME TO ROOTS COUNSELING & WELLNESS

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Hello, my name is Darian Hall, and I am an Associate Marriage and Family Therapist (AMFT) here at Roots Counseling & Wellness. I have been at Roots Counseling since 2023, where I joined the Roots team as an undergraduate student doing my internship, helping run group therapy sessions. I returned to do my graduate internship at Roots Counseling and have stayed here ever since.

My approach to therapy will always start with connecting with you and everyone else in the therapy room. This means I want to understand who you are as a person, not just as a client, but what makes you, you. My most important goal in therapy is for you to first feel like therapy is truly a safe space where you can feel and be secure and understood enough to be honest with how you're feeling.

I believe change is going to be a process that looks different for everyone, but can be achieved by everyone. With this, while therapy helps us change, change is ultimately going to come from within each person themselves. This change can sometimes be hard or uncomfortable to go through. I want to help people understand, process, and tap into their own strengths and qualities needed for this change.

Sometimes we do not know our own strengths, qualities, values, and unique aspects of ourselves that make us who we are. We also, at times, aren't aware of our behaviors, how they affect those around us, where these behaviors come from, or why we even do them. If we do not know these things, change will be a lot harder. I believe my role as a therapist is to simply "move things out of the way" or to "point things out", while the client actually does what is needed to create the change.

"The real issue isn't the problem itself; it is the ways we try to cope with it."

-Darian H.

Feeling seen and understood is essential to emotional well-being.

