

Sharon E. Perrine, LPC



Sharon Perrine is an experienced Licensed Professional Counselor providing services in the mental health and substance abuse field. Sharon provides supportive counseling in the areas of trauma, depression, anxiety, grief, life transitions, aging, and substance use disorders. After working in the Information Technology field for 25+ years, Sharon earned her degree in Community Counseling, with a focus on evidence-based practices, to include Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Grief Therapy, and Cognitive Processing Therapy. Sharon's enthusiasm and passion is evident in how she approaches client needs. She focuses on empowering clients by taking a collaborative approach to identify areas of concerns, help them problem solve and meet their goals, leading clients to a path of healing. Sharon uses a client-centered and strengths-based approach to identify and resolve issues that may be keeping clients stuck in a cycle of unhealthy choices or unnecessary suffering. She believes that clients have an internal strength that can be garnered to create a healthier and more fulfilling life. Contact Sharon to discuss your needs and start your journey of empowerment and healing.