



# SONIA LASSEN

PsyD, LPC, NCC, ACS, BC-TMH

---

DDTT Program Director  
**Merakey**

## BIO

---

Dr. Sonia Lassen is a multi-cultural psychotherapist and Licensed Professional Counselor (LPC) whom has been in the clinical mental health field for over twenty years. Her career has involved psycho-therapeutic work with diverse populations and administrative oversight. She has worked with children of all ages and adults helping them overcome various mental health challenges and personal dynamics. In this capacity, she has maintained a shared decision-making approach in communicating and collaborating with other providers to ensure individuals receive care that is reflective and validating of their personal needs and values.

Dr. Lassen continued to further her education while working in the psychiatric mental health field and completed graduate and doctoral level studies in clinical and holistic psychology. She has attained specialized training in trauma-focused cognitive behavioral therapy (TF-CBT), eating disorders, psycho-spiritual counseling, and stress management among others. Dr. Lassen's theoretical clinical orientation is cognitive-behavioral, humanistic, developmental, and holistic. As a clinical and holistic psychotherapist, Dr. Lassen employs a culturally sensitive, as well as a whole-person and mindfulness-based approach to treatment to identify the individual's clinical needs and values. Her focus has always been to enhance the individual's innate strengths to help the individual succeed in his/her personal life and community regardless of diagnosis. She is passionate about empowering others and helping clinicians understand the benefits of a mindful collaboration in shared decision-making and to employ this approach in their interactions and work with individuals and providers.

Dr. Lassen is also an Approved Clinical Supervisor and Board-Certified Tele-Mental Health provider and as such, she combines supervisory and clinical skills to ensure professionals and individuals continue to collaborate treatment in a most effective and person-centered way when providing services via telehealth platforms.

Merakey™