

FOR IMMEDIATE RELEASE

Russell Joins Trillium Springs Counseling Center

ATLANTA, Georgia (May 15, 2010) – Barbara Russell, M.A., has joined Trillium Springs Counseling Center.

“We are delighted that Barbara Russell has joined our therapeutic team as a counselor. Barbara’s broad experience prior to pursuing her counseling career and subsequent work with both counseling center clients and in-patient clients will be of significant benefit to our clients,” said Trillium Springs Counseling founder and director Vilda S. Brannen, M.A., NCC, LPC.

Barbara received a MA in Counseling from Richmond Graduate University (formerly PSI) and a BA and BS from Florida State University in Anthropology and English. She is currently pursuing her license as an Associate Professional Counselor.

Barbara adheres to a life philosophy articulated by Carl Jung: “The least of things with a meaning is worth more in life than the greatest of things without it.” She has worked for Delta Airlines for thirty three years and has been active in the field of publishing for fifteen years. She has provided creative and interactive workshops for groups of adult writers, and worked in school systems in and out of state to help children and adolescents find their individual voice through creative writing. Barbara is the author of six books for children and young adults.

Throughout her internship year with Richmond, Barbara offered individual therapy to clients at the Hope Counseling Center at Mount Paran South. She also worked at Peachford Hospital, providing psychosocial assessments, treatment plans and social services to patients with a wide scope of mental illnesses, as well as leading group therapy for U.S. Veterans struggling with addictions and mental illness. Barbara views each client as uniquely individual and considers her work with those suffering with depression, anxiety and life’s adversities as an opportunity to help them gain knowledge of themselves through their circumstances, as well as strength and hope for their journey forward. During her tenure at Peachford, Barbara developed an ongoing dedication to work with Schizophrenic patients and their families.

Barbara lives in Atlanta with her husband Edward, a retired Episcopal priest. They have five grown children.

For more information or to set up an appointment, please email Barbara at barbara@trilliumsprings.com or call her at 404.316.9267.

About Trillium Springs, LLC. We offer counseling in a variety of specialties as well as psychological, educational / achievement, and behavioral testing and evaluation through Trillium Springs Counseling. We also host day, weekend or weeklong retreats at our facility, Trillium Springs Retreat Center, in western North Carolina.