



North Central Health Care

Person centered. Outcome focused.

North Central Health Care's mental health services evolve to meet the changing needs of our community, and are offered in a variety of formats designed to best meet the needs of adolescents and adults. We offer programs that provide mental health support in community, home and workplace settings. We are happy to now offer care and support for adolescents in a school setting also.

KC Graveen

LPC, ATR

Licensed Professional Counselor
Registered Art Therapist



Carrie Paisar

MA, LPC

Master's Degree in
Professional Counseling
Licensed Professional
Counselor
Mental Health/Alcohol
and Other Drug
Addiction Therapist



PROFESSIONAL AND PERSONAL BACKGROUND

KC has been practicing art therapy and counseling since 2016, holding a Master of Science in art therapy with an emphasis in counseling from Mount Mary University in Wauwatosa, WI. KC specializes in utilizing art therapy to address depression, anxiety, ADD, ADHD, trauma, PTSD, and other behavior and mood disorders in children, adolescents, and adults. Emphasizing the inherent healing process of art, KC incorporates art into sessions as a means of facilitating healthy emotional expression.

“ I believe in the innate healing process of art and utilize it as an avenue for healthy emotional expression. ”

Recognizing art as a safe outlet for communication, KC believes it offers individuals of all ages a unique avenue for expressing experiences when verbal communication may be challenging.

PROFESSIONAL AND PERSONAL BACKGROUND

Carrie received her Master of Arts Degree in 1995 from Central Michigan University. She works easily with both adolescents and adults with mental health and substance abuse issues and their families. She is skilled at behavioral and cognitive behavioral therapy and believes every person has the ability to make positive changes in their life, and at times, people just need a place to sort things out and have someone listen to them. Carrie enjoys working with all age ranges from children to adults. Her areas of specialty with children include behavioral disorders, depression, anxiety, grief and loss, and sexual abuse. She also specializes in treatment for adults with depression, anxiety, grief and loss, and mood disorders. Carrie's past experience in Comprehensive Community Services, allowed her to work with children and families in their home environment to provide therapy and coordinate care.

“ I became a counselor and therapist to help people reach their potential and lead happier and healthier lives. ”

Carrie believes that working with clients where they are at is important and helping them work toward their own goals. Carrie was born and raised in Upper Michigan, but currently lives in the Wausau area.

CONFIDENTIAL AND PROFESSIONAL CARE OPTIONS FOR ALL AGES

CONFIDENTIAL All information discussed with our licensed professional counselors and therapists is confidential and will not be shared with the school district, regardless of appointment location.

PROFESSIONAL All scheduling, appointments and coverage is handled directly through the North Central Health Care Outpatient Services. We are happy to answer any questions you may have. Please call us directly at **715.848.4554**.

If you would like to speak to someone about care options, would like more information, or want to schedule an appointment, please call **715.848.4554**

www.norcen.org