

Natalie is a Professional Counselor, licensed by the Alabama Board of Examiners in Counseling. She holds a Ph.D. from the University of Alabama. In 2007, she founded Comprehensive Counseling, LLC. She divides her time between her private practice, training and consulting. In her clinical practice, she delivers cognitive behavioral therapy (CBT) and other evidence-based treatments to adults, adolescents and children.

Outside of her private practice, Natalie spent some time in higher education, acting as associate professor to graduate students. Over the years, she has served as an executive board member and past president of the Madison County Mental Health Association. In 2010, she was appointed to the Editorial Board of *Annals*, a professional journal published by the American Psychotherapy Association. Concurrently, she also served as an Executive Board Member for the organization. Natalie continues to maintain membership in several professional organizations, to include the American Counseling Association, the Association for Research and Assessment in Counseling, the International Association for Addiction and Offenders, the International Association for Marriage and Family, the Association for Child and Adolescent Counseling, and the Military and Government Counseling Association. Natalie is married to Henry, they have 3 grown children, and 3 grandchildren. In their free time, they enjoy spending time at their farm, skiing, and traveling together.

Employing a positive and proactive approach, Natalie works with individuals to identify the dynamics that cause problems and institute desired changes. Psychotherapy sessions are designed to have a tangible focus, wherein Assessment is linked to the development of measureable goals, and subsequently, a defined set of actions. Natalie strives to be a compassionate listener who understands the challenges of balancing work, life and family. She is eager to apply her experience with clients as they begin to address issues that will help them to improve their quality of life and attain a sense of fulfillment.

Research suggests that physicians experience high levels of stress, that when prolonged, can lead to burnout. Some physicians, suffering from burnout, report becoming withdrawn, detached and inefficient. Others describe excessive fatigue, and feeling empty and unaccomplished. Growing evidence suggests burnout impacts outcomes for physicians and the patients they treat, making the identification of symptoms and underlying root causes imperative. Recognizing that different individuals require varying types of support, Natalie offers preventative, wellness, acute and chronic care. Ultimately, she works to facilitate the development of a balanced, complete self-care plan for the prevention and/or treatment of stress and burnout.

Confronting stress and burnout can enhance personal wellness, and improve patient care. If you find that I might assist you in this area or another, please contact my office at 256-533-4377, or email me at dr.frazier@comprehensivecounseling.biz. Your privacy will be respected, and confidentiality made a priority.

