



Hi I'm
Aisha Khalfay
Associate Counselor

Professional Profile

- M.S. Clinical Mental Health Counseling ~ *Walden U.*, and Hon. B.A. in Psychology- *McMaster U.*
- Creative and passionate about children's issues- *past indie author of a children's book!*
- Past Educator and Academic Tutor for grades K-12th
- Utilizes evidence-based CBT, solution-focused, person-centered theories; including tailored narrative and trauma-based approaches
- Bilingual: English is first language, but fluent in Urdu, Hindi as well
- Member of American Counseling Association
- Under supervision of Dr. Cherrell Thomas., LPC, CPCS, owner of Helpful Therapy, LLC

Skilled with:

- Anxiety/Depression
- Identity/ Self-Esteem
- Grief/ Loss
- Trauma therapy
- Cultural & Spiritual Dilemmas
- Developmental Issues
- ADD/ ADHD

About Me

I enjoy being outdoors, yoga, traveling, art, and spending quality time with my beautiful family. I also find comfort and self-care in quiet time: relaxing with a nice cup of coffee and a good book to escape in.

Contact Info



770-954-8593



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