



Christian M. Daman, MA, LLPC
Family, Individual and Children/Teen Counselor Introducing Christian

CHRISTIAN M. DAMAN, MA, LLPC

Hello and welcome!

My name is Christian M. Daman (he/him), and I am an LLPC (limited licensed professional counselor) through the state of Michigan. I received my master's degree in Counseling with an emphasis in Trauma from Grand Canyon University. My specialty focuses on improving self-esteem, self-worth, and promoting a healthier outlook on oneself and life. My experience includes working individually with children, teenagers, and adults faced with the challenges such as anxiety, depression, grief, loss, and stress management. I have facilitated group in my past which focused on anxiety and depression, as well anger and higher acuity challenges. In my counseling journey I have collaborated with people from different religious and cultural backgrounds, as well as sexual orientations and identities. I am from multicultural home, and I utilize that into my counseling and way of life as we are all special in our own way.

I like to approach my therapeutic orientation with the client in center focus. The client is the "star" of the show and as such I will collaborate with you to approach situations in what are appropriate to you. I utilize aspects of solution focused therapy, DBT (Dialectal Behavioral Therapy) and CBT (cognitive behavioral therapy) to deconstruct our thoughts and provide an alternative perspective one might not yet see. I want to offer the help to re-frame your situation in order to confront whatever challenges you face. I offer a safe, open, and judgment free environment that will allow you to be and express what you need. There is no silly question nor is there anything "crazy" about you. Your emotions and experiences are valid, always.

You are stronger than you know and are more capable than you ever believed. I endorse and support that statement with every fiber in my body as it is my mission statement both in work and in life. It is okay to not see that however and my job collaborating with you will help promote, support, and facilitate growth you have within you.