

Christopher Henderson, MA, LCMHC



Christopher Henderson, MA, LCMHC, is a Clinical Mental Health Counselor licensed in the States of Vermont and New Hampshire. He attained his Master of Arts degree in Clinical Mental Health Counseling from the Union Institute and University, where he also received a post-master's certification in Substance Abuse and Addiction Counseling. He has worked in the mental health field for many years serving in a variety of capacities including crisis intervention, life skills coaching, and clinical case management, as well as providing clinical therapy.

Chris has worked within agencies, and in private practice, and has been providing virtual therapy since 2018. In 2021, Chris decided to shutter his brick and mortar in-person practice to provide therapy online full time. Chris joined the ComPsych/Guidance Resources team in March 2023 to provide onsite EAP counseling here at Dartmouth, as the Faculty/Employee Assistance Program therapist. His background has equipped him with the skills to work with a variety of populations. He has experience providing therapy for individual adults, couples, and groups, and is skilled at treating a wide variety of therapeutic needs, including trauma, depression, anxiety, relationship issues, and the underlying causes of addiction.

Christopher's therapeutic orientation is integrative, collaborative, holistic, and person centered, it is strength based, present oriented, and solution focused. His approach is empirically based and multi modal, incorporating cognitive behavioral, existential, and mindfulness-based modalities in treatment to help his clients move forward, overcome their challenges, and develop new skills and understanding. Christopher is trained in Mindfulness Based Cognitive Therapy (MBCT), Dialectic Behavior Therapy (DBT), and Solution focused Brief Therapy (SFBT), as well as Eye Movement Desensitization Reprocessing (EMDR).

He utilizes research, experience, diverse training, and intuition, integrating an array of effective evidence based therapeutic interventions that will yield optimum results, tailored for the individual and the issues presented. Chris lives in the serene mountains of the central region of Vermont, and in his spare time Chris enjoys the outdoors, spending time with his family, writing, drawing, practicing meditation and martial arts. As a clinician, he believes that meeting people where they are, and building a strong therapeutic relationship, is the most powerful way to help them achieve change. As your therapist, he will work with you to develop an individualized therapy process to help you begin to move towards your personal goals however great or small, and if needed, will help connect you to resources and providers for longer term therapy needs.