Debra Legge, MC, LAC

Trinity-One Counseling Services, LLC

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Debra Legge has obtained her Master’s Degree in Professional Counseling and a Post-Master’s Certificate in Trauma-Informed Care, both at Grand Canyon University. Debra has six years of experience in trauma-informed care and 20 years of experience managing a prominent mediation firm in Phoenix.

Debra currently works as a contract counselor with Kino Counseling and has worked as an in-patient and intensive outpatient therapist for Calvary Healing Center. Debra also owns and manages her private counseling office, Trinity-One Counseling.

Debra works together with her clients to administer treatment by using counseling modalities such as Mindfulness-Based Cognitive Therapy (MBCT), Person-Centered Therapy, Strength-Based Therapy, Eye Movement Desensitization Reprocessing (EMDR), Somatic therapy and The Three Principles-Based techniques. Resilience is a common response to difficult life issues such as stress, anxiety, depression, trauma and loss and through resilience we can create sustainable change. Debra desires to support her clients through these evidence-based techniques to obtain this sustaining change for complete mental health.

The population served at Trinity-One Counseling are children, family, couples, adults and the elderly.