



## TURQOYZ ROGAHN, LPC, LAC

DENVER – LITTLETON

---

Turqoyz Rogahn is a Licensed Professional Counselor, Licensed Addictions Counselor and National Certified Counselor who earned her Master's degree in Clinical Counseling with an emphasis in Couples and Family from the University of Northern Colorado.

She has a passion and experience working with adolescents, adults, families and couples struggling with trauma, relationship issues, depression, anxiety, anger management, self-esteem and addictions. Using an integrative approach with an emphasis on Cognitive-Behavioral Therapy, strengths based and Solution-focused Brief Therapy methods, Turqoyz helps clients explore and learn new skills to help them overcome their thoughts, feelings and beliefs that are causing them distress.

She provides an empathetic, genuine, non-judgmental and safe environment to foster self-awareness and begin the journey towards healing and change.

### AREAS OF INTEREST

Addiction/Substance Abuse, Anger Management, Anxiety, Attachment Issues, Bipolar Disorder, Career Counseling, CBT, Codependency, DBT, Depression, Divorce, Family of Origin, Gender Identity Development, Grief and Loss, Impulse Control Disorders, Infertility/Reproductivity, LGBTQ, Mindfulness, Occupational Issues, Premarital Issues, PTSD/Trauma, Relationships, Self-Harm, Sexual Abuse, Sexual Identity Development, Single's Issues, Stress Management, Transgender Support, Weight/Body Issues, Women's Issues