



BLAKE KOOI, LLPC

Counselor

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PRIMARY PRACTICE AREAS:

- Anxiety
- Depression
- Marriage Counseling

LICENSURE & CERTIFICATIONS

- Professional counseling license number is: 6401014874 and can be viewed and verified using the following link: <https://w2.lara.state.mi.us/VAL/License/Search>

THERAPEUTIC PHILOSOPHY

I use traditional time-tested counseling approaches combined with the newest developments in the field to provide a personalized counseling experience. Every person is different, and that is why a tailored approach to counseling is helpful in dealing with your unique struggles. It is my job to create a therapeutic experience that can help you develop a life-story (or personal narrative) that you are proud to call your own.

- Anxiety
Anxiety can be a panicky, groundless feeling. It can come on without warning and seemingly out of nowhere. I help clients explore the root of their anxiety and regain a sense of control over their life.
- Depression
Everyone has felt a little down before, but not everyone has felt the crushing loneliness, pit-in-your-stomach, weight-on-your-shoulders hopelessness of depression. Right now it might feel like no one can help, but what do you have to lose? I do more than teach proper techniques to avoid bad feelings. I support clients in seeking out purpose and freedom.
- Marriage Counseling
Marriage counseling involves more than communication techniques. It involves learning how to love and be loved well. My approach to marriage counseling integrates deep, long-lasting, positive change.

ABOUT ME

I provide counseling for individuals, couples, and families at Grand Rapids Counseling Services. Prior to this, I developed my counseling skills at The Fountain Hill Center where I counseled individuals, couples, and families with an assortment of difficulties. I also counseled at the Men's Resource Center of West Michigan where I cultivated my approach to group therapy and men's work. In the past I worked at Hope Network and Ottawa County Juvenile Detention Center. I have a Bachelor of Arts in Family Life Education from Spring Arbor University, a Master of Arts in Educational Ministries from Grand Rapids Theological Seminary, and a Master of Arts in Counseling from Spring Arbor University. In my free time I like being outdoors and experiencing life. I enjoy concerts, speaking engagements, reading, gardening, cider-making, fishing, hunting, hiking, cross-country skiing, snowshoeing, and woodworking.

INSPIRATIONAL QUOTES

- If we take people as they are, we make them worse. If we treat them as if they were what they ought to be, we help them to become what they are capable of becoming. ~ Victor Frankl
- It is people that matter; to love and care for the people that are there, just as they are. ~Jean Vanier
- Existence cannot be postponed. ~Irvin Yalom
- If we possess our why of life we can put up with almost any how. ~ Friedrich Nietzsche