



Terri C. Ray, MA, NCC, LPC

Terri and husband Robert live in Charlotte. They have been empty nesters for 3 years since both of their young adult children now live independently. Terri has enjoyed her second career as a counselor since 1995, graduating that same year with a master's degree in community counseling from UNC-Charlotte. She is a N.C. Licensed Professional Counselor and a National Certified Counselor.

Her counseling experience includes grief and loss, women's concerns, coping with chronic illness, depression, anxiety and life adjustment. Her counseling approach is one that promises the potential for growth through adversity by incorporating the basic definition of counseling as "a means of helping people make healthy choices through life transitions," Terri's mother is a long-time survivor of breast cancer, and Terri has experienced the illness with several other close family members.

