



About

A native to the Vail Valley, KRISTEN BEAU, MA, attended universities in Colorado including the University of Colorado and Naropa University in Boulder, and she is a candidate for her doctorate at Saybrook University in San Francisco, California. Some of Kristen Beau's clinical work is based on Contemplative and Humanistic psychology, which focuses on increasing mind-body awareness (Mindfulness) while also emphasizing a holistic approach to human existence including interconnection and spirituality. She works to meet the client where they are and creates a safe place for exploration and self-compassion, paying special attention to creativity, and inherent human potential. Kristen Beau has worked extensively with individuals, families and groups struggling with addiction, depression and anxiety, survivors of sexual assault and domestic violence, struggles with identity or changing phases of life, and grief counseling. Additionally, she is passionate about prevention and education with mental health concerns and how we can better connect and care for others and ourselves. In her free time she enjoys exploring the Rocky Mountains, meditating, writing, photography, and spending time with her family.



Direct: 970.949.3344

51 Eagle Road, Bld 3 / 2nd Floor
Vail (Eagle-Vail), CO 81657

BeauCounseling.com



**Kristen Beau
Howard, MA**



Specializing in Substance
Abuse & Addiction
Counseling for Adults and
Adolescents



"The real voyage of discovery consists not in seeking new landscapes
but in having new eyes. -Marcel Proust"
Transform your life voyage.

Counseling is an investment with yourself, your relationship, and with your family. As a therapist at Beau Counseling, I am deeply committed to the profession of counseling. I have spent a good portion of my life, and invested a great deal of personal resources in order to bring you the compassionate care that you and/or your friend or family deserves. I am also firmly rooted in the belief that I need to ensure that the type and quality of my service is affordable and available to individuals, couples, and families in the Vail Valley community who otherwise would not be able to afford it—that is the mission of Beau Counseling.

Beau Counseling provides the following services:

- Individual Counseling and Psychotherapy for adults and adolescents
- Family Counseling and Psychotherapy
- Group Psychotherapy

Specializing in the following areas:

- Recovering from Substance Abuse, Addictions, Eating Disorders, & Self-Harm
- Managing Depression
- Working with Anxiety
- Healing from Trauma and Abuse
- Recovering from Sport Injury
- Coping with Grief and Loss

Therapeutic Modalities:

- Addiction/Alcohol and Drug Abuse Counseling
- Dialectical Behavior Therapy (DBT)
- Humanistic/Existential/Transpersonal Approach to Psychotherapy

"Addictions are always an attempt to escape from stress. The more stressed people are, the more addictively they are going to behave."

- Dr. Gabor Maté

What is Addiction?

Addiction is a disease, defined as the physical or mental dependency to alcohol or another illicit substance. Both legal substances (alcohol, prescription medications, etc.) and illegal substances can be highly addictive. Behavioral addictions (self-harm, eating disorders, lying, etc.) can also be highly addiction. Often, alcoholism co-exists with other chemical dependencies. Co-occurring disorders, such as compulsive gambling or mental health conditions, are also common.

Addiction is widespread

Alcoholism and drug addiction affect millions of Americans. Dependence on alcohol and drugs not only affects the addict, it damages the lives of family members, friends, and co-workers. Anyone – regardless of gender, age, race, education, or income – can develop an addiction.

Addiction is treatable

Addiction is a multifaceted disease. It does not occur because of moral weakness or faulty willpower. Over time, addictive substances alter brain chemistry, causing physical discomfort and pain when the alcohol or drug is absent from the user's system. This physical addiction makes the urge to use increasingly powerful – and increasingly disruptive to the addict's life. Fortunately, like most diseases, addiction can be treated and managed successfully. At Beau Counseling, I am dedicated to providing clients with the hope, help, and support they need to overcome dependence and reclaim their lives.