

CLINICIAN WELLNESS SUPPORT SERVICES

Park Ridge Health believes that the well-being of our providers is foundationally important to offering excellent healthcare services to the Western North Carolina community. We are pleased to offer the therapeutic and educational services of licensed psychologists Mitch Durham, Ph.D. and Rebecca Norton, Psy.D. Both are available to support your professional and personal life and relationships. We know as medical professionals you are already attentive to your own health needs, but when extra therapeutic support is needed to maintain a satisfying and thriving personal life we want to help.

What is Clinician Wellness Support Services?

Clinician Wellness Support Services is a complimentary and confidential support service Park Ridge Health offers in conjunction with Dr. Durham and Dr. Norton. Park Ridge Health's commitment to providing whole person care extends to you by providing psychological counseling as well as educational opportunities and other related services. In addition to psychological support you are welcome to receive spiritual assistance if you so desire.

Fees, Insurance, and Billing

Fees for the services you receive are consistent with any patients in the practice, however Park Ridge Health provides the first six sessions at no cost to you. Utilization of the services is tracked by Dr. Durham or Dr. Norton or other providers and is reported to Park Ridge Health as an I.D. number known only by them or subsequent providers. If you decide to continue with therapy past the first six sessions, then you are welcome to do so at your own expense. Dr. Durham and Dr. Norton are currently being credentialed with Aetna Insurance.

MITCH DURHAM, PH.D.

mitchelldurhamphd.com
drdurham@LifeChangesCPS.com
828.424.3773

Office Location:
LifeChanges
76 Peachtree Road, Suite 310 F, Asheville



ABOUT MITCH DURHAM, PH.D.

Dr. Durham is a North Carolina licensed Psychologist providing services through LifeChange Counseling and Psychological Services, a professional limited liability company. He earned an undergraduate degree in Missions from Harding University in 1980 and graduate degrees from Western Seminary/George Fox University in 1982 and 1986 in Clinical Psychology, form the core of his academic preparation. A pre-doctoral training internship was completed through Christian Counseling Services in Gresham, OR. Post-doctoral residency was completed at Houston International Hospital, Houston, TX, Pinebrook Hospital, Sparks, NV, and First Christian Church, Fort Collins, CO. He has been licensed as a psychologist in Nevada, Arkansas, and North Carolina. He has also received the Certificate of Professional Qualification in Psychology issued by the Association of State and Provincial Psychology Boards.

He has worked in private practice, church-based clinics, community mental health, in-patient psychiatric hospitals, a university counseling center, and in teaching graduate and undergraduate psychology students. He works with adults, elders, couples, families, and adolescents. The types of problems he has training and experience in treating include severe crisis problems such as psychosis and suicidality, as well as the debilitating problems of depression, anxiety, loneliness, anger, eating disorders, family conflict, grief, substance abuse, etc.

Dr Durham holds a personal worldview that is thoroughly Christian and has advanced training in theology in addition to his psychological studies. He is very comfortable working with both Christian or non-Christian clients.

Dr Durham has been married for more than three decades to a family nurse practitioner and has two grown children, a son-in-law, and two grandchildren. His son teaches in an international school in Kuala Lumpur, Malaysia. His daughter is an attorney working in Charleston, South Carolina, and son-in-law is a psychiatrist in Charleston, SC.

Dr Durham enjoys a variety of leisure activities including bicycling, photography, sailing, computers, reading, and church activities.

REBECCA NORTON, PSY.D.

drnorton.com
rnorton@drrebeccanorton.com
828.771.6258

Office Location:
Hope Network
28 Schenk Parkway, Suite 200, Asheville



ABOUT REBECCA NORTON, PSY.D.

Dr. Norton earned her Doctoral Degree in Clinical Psychology with Highest Honors from Alliant International University. She holds a Master's Degree in Clinical Psychology, also from Alliant, and a Bachelor's Degree in Philosophy from the University of Virginia. She is licensed by the North Carolina Psychology Board as a Clinical Psychologist and Health Service Provider, and she is a member the American Psychological Association and Mensa. Her clinical experience includes work in a psychiatric hospital in the inner city of Los Angeles, a family medical practice in Glendale, a collegiate learning disabilities center in Pasadena, and work as a satellite therapist throughout the Los Angeles Unified School Districts. She has been with HOPE Network as a contract psychologist since May 2011. Dr. Norton has special clinical expertise with Anxiety, Depression, ADHD, Autism Spectrum, Marital Challenges, Parenting Grief and Spiritual Growth. Her therapeutic approach is client centered, utilizing psychodynamic, emotion-focused and CBT components.

Dr. Norton and her husband, Troy moved to Asheville from Los Angeles to raise their two children in the beauty of the mountains. Prior to living in Los Angeles, she lived in seven different countries and traveled through 13 more, which developed her passion for food and appreciation for time spent with a good book along the way.