



**Maddie Rousseau**  
**Licensed Professional Counselor**

Maddie (Madeline) Rousseau, LPC, NCC graduated from Oregon State University with a Bachelor's Degree in Women Studies. She earned her Master's degree in Counseling from Boise State University. Maddie is a member of the American Counseling association.

Maddie is originally from Portland Oregon and moved to Boise for graduate school. She fell in love with the city as well as the outdoors and plans to stay indefinitely.

Maddie's approach is based on empowering individuals to be the experts on themselves by taking back their own power. She thinks it is important when working with clients to use creative types of therapy that they can relate too. While also having fun to help them make lifelong changes.

Maddie believes that helping individuals make change requires focusing on all aspects of a person's wellbeing. She loves to step outside of the traditional therapy setting and help individuals to connect with friends, family and activities that may be challenging for them to do so on their own.

Maddie has always had a passion for a healthy and active lifestyle she is also a licensed massage therapist in the state of Idaho, Oregon, and Washington. Maddie and her partner enjoy traveling, hiking, biking as well as seeing friends and family that live around the world. You may find Maddie at a local Boise restaurant enjoying authentic cuisine or drinking bubble tea.