

# Meet Our Team

**LAURA TRACY-KINSEY, LCSW**  
**EXECUTIVE DIRECTOR**



With 35 years of experience as a Clinical Social Worker, I started my career at The Gulf Coast Family Counseling Agency in 1990. Specializing in individual, marriage, and family therapy, I prioritize enhancing relationship quality. My approach emphasizes attentive listening to ensure clients feel truly heard. Central to my practice is aiding clients in identifying the root causes of their distress and devising strategies for relief. I employ a blend of Compassion, Cognitive Therapy, Insight Oriented Therapy, Emotion Focused Therapy, and tailored techniques as required.

## **ELIZABETH (BETH) CASEY, LCSW**

After dedicating my early years to child protection and family rebuilding, I embarked on my clinical practice journey. In 2015, I obtained my LCSW certification after also earning my Master's in Social Work. Specializing in individual, family, and relationship therapy, I cultivate a safe environment for clients to delve into their inner selves. Using Cognitive Behavioral Therapy, Mindfulness Practice, Solution Focused, and other tailored strategies, I assist clients in uncovering the roots of their challenges.



## **ANITA TWINER-WATKINS, LCSW**

With over 20 years of experience in clinical social work across diverse settings including schools, community mental health, and telehealth, I specialize in addressing anxiety, depression, and trauma. My approach predominantly utilizes Cognitive Behavioral Therapy (CBT) with a Trauma Informed approach, emphasizing strengths. I assist in identifying existing effective coping mechanisms to build upon, integrating mindfulness techniques and providing tools for self-use between sessions. Remaining solution-focused, my aim is to equip you with the skills necessary for managing more effectively on your own. Valuing diversity, I am committed to fostering a safe and inclusive environment for all. For telehealth appointment email [atwatkins@gulfcoastfamilycounseling.org](mailto:atwatkins@gulfcoastfamilycounseling.org)



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## **JESSE J. GRUICH, LMSW**

I am a Licensed Master Social Worker with +5 years of experience in the field of mental health. I specialize in approaching anxiety, depression, grief, trauma, life transitions, and any other challenges life presents us with compassion and empathy. I utilize a strength-based approach, and help individuals, couples, and families navigate the stressors of life through interventions such as Cognitive Behavioral Therapy (CBT), Emotion Focused Therapy (EFT), mindfulness techniques, conflict resolution, and healthy communication skills. It is my goal to assist clients in feeling heard, seen, and validated, with support in a safe environment.

## **HOLLY REEVES, LPC-S**

Holly Reeves grew up on the Mississippi Gulf Coast in Gautier, MS. She completed a Bachelor of Science in Psychology from the University of Southern Mississippi and completed her Master's in Counselor Education from Mississippi State University in Starkville. Holly spent several years in community mental health as a school-based therapist, a college counselor, a military counselor, a school counselor, and now an LPC-S with Gulf Coast Family Counseling. I have over a decade of working with clients especially children, adolescents, and young adults.

Holly currently holds the credentials of Licensed Professional Counselor-Supervisor, National Certified Counselor, and a National Certified School Counselor.

