

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, LICSW (she/her)

I work primarily with individual adults and systems to address issues such as anxiety, depression, and trauma. Cognitive Behavioral Therapy (CBT) with a Trauma Informed Care approach is my predominant treatment modality. All of this means that I will help you gain insight about how your thoughts and moods are connected, and help you understand and overcome some trauma responses without you feeling forced to go at a pace that feels unsafe. I am a proud member of the LGBTQ+ community. I value diversity and am committed to fostering a safe, inclusive environment. At this time, I only offer telehealth services.



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MEGAN LOCKLEY, LCSW

I am a clinical social worker licensed in the state of Mississippi since 2011. I received my undergraduate degree in psychology and my master's degree in social work from the University of Southern Mississippi. My career has brought me experience in both inpatient and outpatient mental health settings working with a dynamic population. Through this experience, I have found that I have the most success working with adolescents and adults experiencing anxiety, depression, difficulty adjusting, or relationship/family stressors. My goal is to provide a safe and comfortable setting for my clients to feel validated and supported, find information and perspective, and gain tools and resources to feel confident in their ability to work through problems. I believe that mental and emotional wellness is just as important as physical wellness and set this as a foundation of my practice.

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.

