

Meet our CEO and Co-Founder



Shari Linger, MS, LMHC

BREAKING FREE SERVICES WAS ESTABLISHED IN 2005 WITH A GOAL OF REACHING OUT AND MEETING THE NEEDS OF THOSE IN CRISIS. IN 2018, THE PRACTICE EXPANDED TO BECOME BREAKING FREE SERVICES CENTER FOR WELLNESS WITH A MORE HOLISTIC APPROACH TO SERVING OUR CLIENTS AND GROWING TO INCLUDE ADDITIONAL SERVICES TO HEAL THE MIND, BODY, AND SPIRIT. WE PROUDLY SERVE CLIENTS FROM ALL BACKGROUNDS AND AGES, AND OUR TEAM OF LICENSED CLINICIANS TREAT ALMOST ANY AREA OF FOCUS.

SHARI HAS OVER 19 YEARS EXPERIENCE AS AN LMHC. SHE IS A FL SUPREME COURT CERTIFIED PARENT COORDINATOR AND A PROUD MEMBER OF THE AMERICAN ASSOCIATION OF CHRISTIAN COUNSELORS, AMERICAN MENTAL HEALTH COUNSELORS ASSOCIATION AND FLORIDA MENTAL HEALTH COUNSELORS ASSOCIATION. SHE IS THE FOUNDER, OWNER, AND CLINICAL DIRECTOR OF BREAKING FREE SERVICES, LLC. SHE IS ALSO A WIFE AND MOTHER OF 4 AND STEPMOTHER OF 3, AND SERIOUSLY DEDICATED TO SERVING HER LORD FIRST, FAMILY SECOND, AND HER MINISTRY AND CALLING THIRD.

JOIN OUR DIVERSE COMMUNITY TODAY AND LEARN MORE ABOUT ALL OF THE SERVICES WE HAVE TO OFFER.

WE LOOK FORWARD TO PARTNERING WITH YOU ON YOUR JOURNEY TO TOTAL WELLNESS.

Follow us on *Social Media* !



@breakingfreeservices



@ Breaking Free Services



@ Breaking Free Services, LLC

Reach Out

1501 South Pinellas Ave, Suites Q + H,
Tarpon Springs FL 34689

727-547-3692

clientcare@breakingfreeservices.com



Masters Student Development Program



727-547-3692

 SHARI@BREAKINGFREESERVICES.COM

WWW.BREAKINGFREESERVICES.COM

Mission Statement

At Breaking Free Services, we know that mental illness affects everyone.

We believe everyone deserves access to personalized care.

Therefore, we provide quality counseling and education with a holistic approach so that you can make the changes to live the life you want and deserve.

Why Sea Turtles?

Sea turtles have been adopted as symbols in many different cultures throughout history.

Due to their long life span, sea turtles are thought to represent patience, wisdom, endurance, and good luck. They are also seen as flexible or "going with the flow," which reminds us that life is a journey, not a destination.

So too is the therapeutic journey one of endurance, patience, wisdom and growth. Therapy is often something we come back to at various points in our lives, as we continue on our individual journeys. Through patience and wisdom, we grow to understand ourselves and to understand each other.

Core Values

- Emotionally Intelligent
- Flexible
- Fun
- Life Long Learner
- Loyalty
- Productive
- Attitude
- Initiative
- Technical Skills
- Problem Solving
- Professionalism
- Team Player

Program Information

Practicum Requirements at BFS

- 10 Hours Working per Week
 - 8 Clients Expected to be Scheduled
 - 6 Clients Expected to be seen Per week

Internship Requirements at BFS

- 20 Hours Working per Week
 - 16 Clients Expected to be Scheduled
 - 14 Clients Expected to be seen Per week

BONUS:

Free 1 Hour of Supervision Per Week with Shari Linger, LMHC

Expectations once a part of the BFS Team:

- Friday Free Trainings with Shari Linger, LMHC
- Saturday Student Meetings with Shari Linger, LMHC
- Quaterly BFS Team Meetings

Partnerships



Eligibility Criteria

- Currently Enrolled in a
 - Masters of Counseling
 - Masters of Marriage and Family Program
- 3.0+ GPA
- Within reasonable distance from the practice site

Application Deadlines

Beginning in the Summer 2025

- Apply By **May 1**

Beginning in Fall 2025

- Apply By **July 1**

Beginning in Spring 2026

- Apply By **Dec 1**

APPLY TODAY!

<https://breakingfreeservices.com/practicum-internship-requests/>