

# Michael Clark-Borenstein

## Bright View Counseling, Owner and Lead Therapist

**AGE:** 29

### **WHERE WERE YOU BORN?**

Baltimore, Maryland

### **HOW LONG HAVE YOU LIVED IN CHARLOTTE AREA?**

4 years

### **TELL US A LITTLE BIT MORE ABOUT YOU?**

I grew up in Baltimore, Maryland, and attended Rutgers University in New Jersey, where I earned a Bachelor of Arts in Psychology with a Sociology minor.

Growing up, family and friends always came to me for help and found comfort in talking to me about their challenges. I loved helping them and always knew I wanted a career where I would be able to help people and have a positive impact on their lives.

When I was a freshman in college at Rutgers University, I saw Eric LeGrand play football, and during a game, he was paralyzed from the neck down. Doctors thought that he would never be able to breathe independently again, let alone have any movement or feeling in his body. However, LeGrand never let his situation define him. He relearned how to breathe without a ventilator's assistance and eventually even regained feeling in his body and some movement. Throughout my years in college, I saw the challenges and adversity that he faced. Seeing him still push towards his goals and have such a positive outlook on life helped me realize that I wanted to help people have that same outlook even though they have faced challenges and struggles.

During my final year at Rutgers, I was fortunate enough to study abroad in Rome, Italy. I developed a love of travel and learning about different people, cultures, and customs. During that time, I traveled to six other countries, where I was immersed in different cultures and traditions, which helped me learn and grow as a person.

After graduating, I moved to Washington, DC, where I attended The Chicago School of Professional Psychology, DC Campus, for my Masters in Clinical and Mental Health Counseling. In 2017 my wife and I moved to Charlotte and loved getting to know the city!

In 2020 I started Bright View Counseling in Charlotte, North Carolina, to help those struggling and offer a unique type of therapy and counseling. I wanted to create a practice where I could bring a different twist to the typical therapy approach by involving unique and engaging activities during the session, such as going outdoors for walks and outside sessions, playing games, and doing exercises, including our office dog Charlotte.

### **DURING YOUR TIME VOLUNTEERING FOR A COMMUNITY ACTIVITY OR PROJECT, WHAT IS YOUR MOST MEMORABLE MOMENT?**

During my time at Rutgers I volunteered for a mentoring program at a local high school that would help guide students through high school with the goal of earning a full scholarship to Rutgers University. Seeing the positive impact, I could have on these student lives further fueled my passion for helping others. I was able to see many mentees achieve their goals of obtaining a full ride to Rutgers!

### **IN YOUR OPINION, HOW DO YOU CONTRIBUTE TO THE COMMUNITY? PLEASE BE AS DETAILED AS YOU CAN.**

During the Covid-19 pandemic the need for mental health services has increased significantly. People in our community have experienced immense change and that can be difficult. At Bright View Counseling I help people work through their struggles and develop skills to help them achieve their goals and become their best selves. Some of the most prevalent issues facing our community today are increased rates of anxiety and depression, coping with loss, and adjusting to virtual work and school. At

Bright View Counseling I provide Therapy With A Twist to bring unique approaches to session, making them more effective, engaging, and fun. As of September 2021, we have served over 100 clients and provided over 650 hours of counseling since opening in December 2020.

**PLEASE LET US KNOW ANY AWARDS OR RECOGNITIONS YOU'VE RECEIVED IN YOUR PROFESSIONAL CAREER:**

We were honored to be voted Best Mental Health Therapy/Counseling by Charlotte Magazine Spring 2021.

**WHAT ARE YOUR HOBBIES OR INTEREST?**

I enjoy traveling, fishing, concerts, live sporting events, and spending time with family.

**WHAT IS YOUR FAVORITE QUOTE THAT YOU STAND BY?**

It is okay to be selfish when it comes to your self-care!

**WHERE DO YOU SEE YOURSELF IN 5 YEARS? 10 YEARS?**

I see myself growing Bright View Counseling into a group practice that is able to serve the community providing unique and innovative approaches to therapy.

**CAN YOU SHARE ONE THING THAT IS ON YOUR BUCKET LIST?**

Travel to Iceland and see the Northern Lights while in a hot spring!

**WHEN WAS THE LAST TIME YOU USED YOUR PASSPORT?**

In 2019 after my wife and I got married we traveled to Europe for our honeymoon and went to London, Rome, Venice, and Amsterdam.

**WHAT IS A FUN FACT ABOUT YOURSELF THAT NO ONE KNOWS?**

I am a huge Baltimore Ravens and Baltimore Orioles fan!

**WHAT WAS THE LAST CONCERT YOU SAW?**

Luke Bryan

[FACEBOOK](#)

[INSTAGRAM](#)

[YOUTUBE](#)