



## Kim Mathews, MS, LMHC, CT

**Specialty:** Mind-Body Counselor

✔ Welcoming new patients

### GOSHEN CENTER FOR CANCER CARE

200 High Park Ave, Goshen, IN 46526 [Get Directions](#)

**574-364-2888**

### Biography

Kim Mathews, MS, LMHC, CT, is a licensed mind-body counselor with the Integrative Care Team at Goshen Center for Cancer Care. She provides support during and after cancer treatment for patients, their family members and caregivers. Her coping strategies help patients improve their quality of life and manage cancer-related issues, such as stress, anxiety and sleep difficulties.

Kim's training and experience have centered on providing psychosocial support to children and adults facing illness and life transitions. She has worked in various healthcare settings, including hospice, organ donation and oncology. Her certification in thanatology gives her advanced, scientific-based skills in understanding the needs of the terminally ill and their families.

### Philosophy of Care

Kim takes a holistic approach to care to encourage patients as they attend to their emotional, physical, social and spiritual well-being. She empowers patients to use coping strategies that foster hope and resilience as they deal with a cancer diagnosis and treatment side effects.

### Research/Clinical Interest

- Mind-body strategies
- Relaxation techniques
- Journaling practices
- Mindfulness practices
- Talk therapy

### Education

Licensed Mental Health Counselor  
Certification – Thanatology

Education and training:

Master of Science in Counseling  
University of Houston-Clear Lake | Houston, TX

Bachelor of Science in Psychology  
Abilene Christian University | Abilene, TX

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