



SweetwaterPractice
Counseling & Consulting

To Whom It May Concern:

It is my pleasure to recommend Alexandra (Alec) Addleton Rigdon for a position in the mental health field. She and I have known one another in various healing capacities for over a decade. Alec is reliable, teachable, creative, highly intuitive, compassionate, and kind. I know she will bring all of these aspects and more to her work.

Please do not hesitate to contact me should you require further information about Alec's qualifications or experience. I would be glad to answer any further questions.

Gratefully,

Karen Hebert, Ph.D., LPC, LMFT

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