

Patricia "Tricia" Flancher, MS, LPC

Owner, Dish Padot, LLC

Patricia "Tricia" Flancher is the owner of Dish Padot, LLC and a licensed professional counselor dedicated to helping adults navigate life's challenges with greater clarity, resilience, and self-understanding. Originally from Pennsylvania, her longstanding interest in sociology and anthropology has fostered a deep appreciation for the cultural, social, and personal factors that shape human behavior and relationships.

Tricia brings a diverse professional background to her counseling practice, having served as a social worker, teacher, research assistant, and minister. Clients describe her as warm, approachable, direct, and an attentive listener who helps them gain fresh perspectives and practical tools for growth.

She earned her Master of Science in Professional Counseling from Grand Canyon University and works with individual adults experiencing anxiety, depression, life transitions, relationship concerns, and the effects of narcissistic abuse and religious or spiritual abuse, as well as with individuals who question their possible neurodivergence.

As a neurodivergent-affirming provider, Tricia is committed to providing culturally responsive and inclusive care. She has completed specialized training through the Autism Across the Lifespan: Adult Emphasis certification and supports autistic adults, and adult individuals exploring a possible autism diagnosis, level 1, and those experiencing ADHD-related challenges. She helps clients and their families better understand neurodivergence while developing personalized strategies to address communication difficulties, executive functioning concerns, emotional regulation, relationship issues, and challenges related to independent living.

Tricia also has a special interest in psychogastroenterology and the brain-gut connection, as well as supporting individuals coping with chronic medical conditions. Her therapeutic approach integrates Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), mindfulness-based interventions, and other evidence-based and experiential practices tailored to each client's unique needs and goals.

A lifelong learner, Tricia continually expands her knowledge and clinical skills to ensure she provides effective, compassionate, and research-informed care that empowers clients to create meaningful and lasting change.