

Sometimes a child's behavior or family circumstances can impede his or her ability to function in the home, school and/or community. It is in the child's best interest to seek counseling at the onset. Play Therapy, Adolescent Therapy, Family Therapy and Improving Parenting Skills are various ways of helping you and your child walk through challenging times in their lives.

Counseling Style And Philosophy

I am dedicated to helping others grow and develop emotionally, psychologically and spiritually. You will find a safe, comfortable, non-judgmental, accepting and compassionate atmosphere where you and your child can feel at ease to discuss and work through your issues

I will listen to you in an attentive, respectful and supportive manner and offer strength, compassion and understanding. I establish a comfortable rapport with clients and am able to develop an atmosphere of trust, acceptance and care.

Children in Counseling

Children of all ages may experience problems from time to time that could be helped by talking to a counselor. The first step is a consultation with the parent(s)/guardian to review the issues. Sometimes these issues can be best resolved by working with parents to suggest and try out new parenting skills. At other times, play therapy is the best way to communicate with a child.

Children communicate naturally through play. Emotions are often difficult to understand for children and even more difficult to express.

Play Therapy provides a non-threatening way for children to express themselves.

For young children who need help in dealing with trauma, expressing difficult feelings or changing certain maladaptive behaviors, individual play therapy is best. Teenagers usually feel better talking about their concerns.

What is Play Therapy?

According to the Association for Play Therapy, "Play allows children a safe, psychological distance from their problems and allows them to express their true thoughts and feelings in ways best suited to their developmental level. Play assists the child in coping with difficult emotions and in finding solutions to their problems." A play therapist is trained in special play therapy techniques and is a licensed mental health professional.

Family Therapy

Family therapy is usually more productive if all of the family participates. Many times this is a very effective way of resolving parenting issues, life stage issues, step family issues or any other situations that affect all family members. Children have a lot to offer and much to gain from being able to participate in a process that teaches better communication skills and better ways of expressing difficult feelings.

What lies behind us and what lies before us are tiny matters compared to what lies within.

Methods

Cognitive-Behavioral
Brief Solution Therapy
Individual Sessions
Groups
Crisis Intervention/Critical Incident
Workshops

Professional Experience

As a former educator for over 15 years, I have a wide range of experience working with children and adults. My experience includes: teaching in general classrooms, working with emotionally disturbed and troubled adolescents, serving as a Director of a Talented and Gifted Program and as an Educational Director of a school.

Degrees: Master of Arts, Counseling,
Amberton University

Bachelor of Science, Education,
University of North Texas

Licenses: Licensed Professional Counselor (LPC)

Texas Provisional Elementary
Teaching Certificate

Services

Play Therapy - Children (5 years and up)
Adolescent Therapy
Family Therapy
Marital Counseling
Relationship Counseling
Educational Testing (ADHD, Learning Disability, Achievement, Abilities, IQ)

Life is not meant to be passed by, traded away, settled for or denied. It is the acceptance of growth, a journey of hope.

APPOINTMENTS AND INFORMATION:
Daytime and evening appointments are available.
Sliding Scale Fee, according to income.
Some Insurance Payments Accepted

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