

Counseling can be a bridge leading to change. Let me help you try to cross that bridge to a deeper understanding of yourself, your relationships, and your choices for a full and purposeful life.

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 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 work to develop an atmosphere of trust, acceptance and care.

My style of counseling is client-centered, interactive, empathetic and supportive. I strongly believe in efficient problem solving and working through your issues by guiding you with questions and observations and offering concrete useable interventions.

Our ultimate goal will be for you to gain power over your situation and life by developing real, practical solutions through the counseling process. You will choose the issues that need to be addressed. Issues will be addressed in the "here and now", not by continually bringing up the past. My desire is to help strengthen your capacity for self-direction and self-guidance.

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

Our work together is a path to come home to your self. By improving self-esteem and self worth, enriching personal relationships and removing psychological blocks that keep people from their full potential, most clients are able to achieve more satisfaction in their personal life, relationships and work or school.

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

Services

Play Therapy - Children (5 years and up)
Adolescent Therapy
Family Therapy
Couple Therapy
Pre-marital assessment and counseling
Marriage Counseling
Relationship Counseling
Educational Testing (ADHD, Learning Disability, Achievement, Abilities, IQ)

Methods

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

Community/Educational Services

I am available for public speaking to schools and organizations on topics relevant to my practice areas.

Cindy Oliphant, LPC, PLLC
Licensed Professional Counselor

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