

CENTRAL TEXAS PROFESSIONAL COUNSELING

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Professional Disclosure

Qualifications and Experience

I am a graduate of Texas State University San Marcos with a Bachelor's degree in Communication Disorders and a Master's degree in Professional Counseling specializing in individuals, families, and couple/relationship issues. By graduating from the Texas State counseling program, I was fortunate to be educated by one of the top programs in the state and began my career with more than double the hours of experience required as compared to other universities in the state. Along with acquiring my Master's, I am a National Certified Counselor as well as a Licensed Professional Counselor.

My specializations include marital, couple, and family issues, as well as sexual, emotional, and physical abuse victimization. I have gained experience working with couples, families, and children through the Texas State Counseling Clinic, at-risk kids, abuse victims and abusers through Connections Individual and Family Services as well as children and family grief groups through Hope Hospice in New Braunfels.

Nature of Counseling

My theory in counseling stems from a systemic theoretical aspect, in which I have seen a high rate of success in utilizing. This theory comes from the basis of families, relationships, the interactions between individuals, and how conflicts are resolved between the family members. I am also interested in gaining clear and obtainable goals from each client as to what they expect from the therapy process, and what they hope to achieve. This goal-setting is for the purpose of helping the client see, feel, and appreciate progress made during the counseling process. Exploring family of origin issues and past experiences as well as their present state is also very important. This gives counselors a better understanding of the client's life, trials, and accomplishments that mold people into who they are currently. And most importantly, along with a theoretical outline of beliefs, I also appreciate that each client or family is unique and, as a therapist, is willing to follow their lead as to what will work for them and make them comfortable.

Some clients need only a few counseling sessions to achieve their goals; others may require months. As a client, you are in complete control and may end our counseling relationship at any time, though I ask that you participate in a termination session. You also have the right to refuse or negotiate modification of any of my suggestions that you believe might be harmful. At any time, either you or I may initiate discussion of possible positive or negative effects of entering or not entering counseling, continuing or not continuing counseling, and/or using or not using certain techniques.

Therapeutic Relationship

Although our session may be very intimate psychologically, ours is a professional relationship rather than a social one. Our contact will be limited to counseling sessions you arrange with me except in the case of emergency when you may contact the office phone. Please do not invite me to social gatherings, offer me gifts, ask me to write a reference for you, or ask me to relate to you in any other way than the professional context of our counseling sessions. You will be best served if our sessions concentrate exclusively on your concerns. You will learn a great deal about me as we work together during your counseling experience. However, it is important for you to remember that you are experiencing me in a professional role only.