TREATMENT PHILOSOPHY, SCOPE, AND APPROACH

*Tea & Sympathy* counselor, Heidi Winter-Johnson, holds a Masters Degree in Counseling (MC) from the University of Phoenix and is a member of the American Counseling Association (ACA). She is licensed by the Texas State Board of Examiners of Professional Counselors (#66309) as a Licensed Professional Counselor (LPC) and is certified by the National Board of Certified Counselors (NCC). She also holds a Master of Science Degree (MS) in Continuing Studies from Minnesota State University with concentrations in language, literature, and education and has extensive work experience as a teacher and a writer. Heidi has a background and special interest in counseling clients dealing with traumatic or stressful life events. She began doing volunteer work at a domestic violence shelter while completing her Masters Degree in Counseling. She completed her internship at the Phoenix Vet Center, where she provided readjustment counseling to combat veterans of the Vietnam War. She then worked as a therapist and crisis counselor at the Phoenix Family Advocacy Center offering counseling services to victims of violent crimes, including sexual abuse, assault, and domestic violence.

Through these experiences, Heidi discovered how many different kinds of unforeseen life experiences, not just life-threatening ones, can be experienced as traumatic to clients. *Tea & Sympathy* is dedicated to women seeking to readjust from any incident or persistent situation they perceive as stressful, emotionally disruptive, and interfering with daily life and emotional well-being. *Tea & Sympathy* strives to offer affordable counseling for adjustment and phase of life issues, often insufficiently covered by insurance plans. Please note that clients with diagnosed mental disorders requiring extensive psychotropic medication or with chronic conditions requiring multiple mental health care providers are not appropriate for *Tea & Sympathy* and will be referred to other services.

Heidi practices standard cognitive-behavioral counseling in most situations, although interventions from other treatment approaches may be used within a cognitive-behavioral framework. Cognitive-behavioral therapists view thoughts and beliefs as major components in determining how people feel and act. These thoughts and beliefs are often outside of one’s immediate awareness but can be identified by focusing on significant emotions. Identifying, challenging, and sometimes changing thoughts and beliefs through various techniques, a central part of the counseling process, provides opportunities to think, feel, and act differently. Counseling is a collaborative undertaking and success depends greatly upon a client’s willingness to be present and open and to work on personal goals set. Mutually agreed upon activities completed between sessions facilitate and reinforce progress toward goals. Ideally, techniques learned in sessions will be used long after termination from counseling to maintain changes achieved and to promote future growth.

Heidi also has extensive education in literature and language arts. Interested clients may incorporate creative complimentary interventions as needed and desired. Additional information about the counseling process, treatment methods, and potential risks will be discussed at the initial appointment.