

Lisa Aguilar is a Licensed Professional Counselor. She received her Bachelor of Science Degree in Psychology from the University of Phoenix. She received her Master of Science Degree in Marriage and Family Therapy from Texas Wesleyan University where she graduated with Honors. Lisa has been practicing in a clinical setting for over four years.

Lisa's experience includes working with families, couples and individuals from diverse backgrounds with various life struggles. Some of these struggles include:

- Anxiety/Depression
- Parenting issues
- Drug and Alcohol abuse
- Relapse prevention
- Life transition
- Loss/Grief
- Couples therapy
- Conflict resolution
- Women's issues
- Adult Trauma

Lisa recognizes that life can bring many demands that can sometimes be overwhelming. Her approach to therapy is strength-based and outcome oriented. She believes the process of therapy involves partnering together to promote a healthy therapeutic relationship, setting achievable goals so progress is made and helping the client achieve self-acceptance leading to a secure, healthy sense of self.