

## **Courtney Chavez, M.S., LMFT-Associate, LPC-Intern**

Courtney received her Master's degree in Counseling from Southern Methodist University and my Bachelor's degree in Health Promotion from the University of North Texas. She is a Licensed Professional Counselor Intern and a Licensed Marriage and Family Therapist Associate under the supervision of Sean Stokes, Ph.D. LPC-S and LMFT-S.

She believes that everyone has the capacity to grow and create the life they want to live but there are times when life's stressors make this seem impossible. When we become overwhelmed it can be difficult to imagine feeling in control, satisfied, and optimistic about the future. Her goals with clients are to help improve self-worth, strengthen relationships, and restore balance so that clients can feel empowered.

Her experience allows her to work with adolescents, adults, couples, and families and she enjoys working with the following issues:

- issues related specifically to women
- disordered eating
- grief
- stage of life transitions (marriage, child birth, post-partum, divorce, and aging)
- A particular interest of hers is in infertility; having struggled with this herself, she is in unique position to inspire and encourage those individuals and couples through the challenges that can arise.

Her approach to therapy is from a systemic perspective; this allows her to look at the way each member of a family unit influences the other so we can begin to change interactional patterns that may be affecting the client. In addition, she likes to take a holistic approach with her clients and utilize her training in Health Promotion to assess how one's physical, emotional, and spiritual health play a role in the presenting issue.

She offers a sliding scale fee to her clients which can be discussed upon scheduling.