

Carl E. Jackson, M.S., LPC Candidate

I hold a Master's Degree in Behavioral Science that was obtained from Cameron University. I am currently under supervision working toward licensure as a Licensed Professional Counselor under the auspices of the Oklahoma State Department of Health.

Throughout my education, I have been exposed to numerous theoretical approaches to counseling and assessment. The Cognitive-Behavioral approach, which says that our thoughts and feelings profoundly effect our emotions and behaviors, most closely reflects my personal belief that one may "be transformed by the renewing of your mind." The goal of therapy will be to diminish existing problems by examining and identifying those thought patterns of thinking about oneself and one's environment.