



Dr. Ricardo Jerez, LPC

I have been conferred a PhD degree in Counseling Psychology from the University of Oklahoma. I have also obtained a Master's Degree in Behavioral Sciences and I am licensed by the Oklahoma State Department of Health as a Licensed Professional Counselor.

I have been trained in a variety of psychological approaches. However, I align myself more closely, with a Cognitive-Behavioral approach to counseling and assessment. This means that the way we think and feel about ourselves, the environment, and others around us greatly affects our behavior, our moods, our fears, joys and sorrows. Therapy will be designed toward restructuring those problematic thought patterns which are promoting the problems for which you are seeking help. Also, I have been profoundly influenced by God's grace in my life and therefore my approach to counseling embraces the theological truths of forgiveness of self and others.