



Jason Duncan, MS, LPC

I have obtained a Master's Degree in Behavioral Sciences from Cameron University. I am licensed by the Oklahoma State Department of Health as a Licensed Professional Counselor.

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 affect 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 thought patterns that are negative and problematic. Therapy will work to restructure them into more positive and adaptive patterns of thinking about oneself and one's environment.