



Shannon Scholtz, MS, LPC

I hold a Bachelor of Science Degree with a focus in Sociology/Psychology and a Master of Science Degree in Behavioral Sciences from Cameron University. I am licensed by the Oklahoma State Department of Health as a Licensed Professional Counselor.

I have been educated and trained in a variety of psychological approaches. The Cognitive-Behavioral approach, which says that our thoughts and feelings profoundly affect our emotions and behaviors, most closely reflects my personal belief. The goal of therapy will be to diminish existing problems by examining and identifying those thought patterns which are negative and problematic and restructuring them into more positive and adaptive patterns of thinking about oneself and one's environment.