



### **Mary Schofield-Dixon, MSBS, LPC and LMFT Candidate**

I hold a Master's Degree in Behavioral Science from Cameron University. I am working toward licensure as a Professional Counselor and Marriage and Family Therapist under the auspices of the Oklahoma Department of Health.

I have been educated and trained in a variety of psychological approaches. The Cognitive-Behavioral approach, which implies that our thoughts and feelings profoundly affect our emotions and behaviors, most 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.