



Professional Disclosure Statement Amanda G. Johnson, M.S., LMHC

Qualifications/Experience: I am pleased that you have selected me as your mental health provider. This document is to provide you with information regarding my background and increase your understanding of our professional relationship.

I hold the following degrees:

- ❖ Master of Science - Marriage and Family Therapy, Southeastern University – 2020
- ❖ Bachelor of Science - Psychology, Florida Southern College – 2011

I am a Licensed Mental Health Counselor in the State of Florida. After earning my psychology degree, I worked as an animal trainer at numerous theme parks including Sea World Orlando. I loved my job as an animal trainer but felt that I was meant for a greater purpose. Counseling and helping others feel loved and accepted gave me that purpose. I have completed Level 1 & Level 2 Training in Gottman Method Couples Therapy and have also taken coursework in Emotionally Focused Therapy. I use both Gottman Method Couples Therapy and EFT in my work. I am a member of the American Counseling Association. My practice provides for services below but is not limited to:

- ❖ Individual, Couples, Family, and Adolescents
- ❖ Depression
- ❖ Behavioral Issues
- ❖ Women's Issues
- ❖ Sports Performance
- ❖ Premarital Counseling
- ❖ Self-Esteem
- ❖ Family Conflict
- ❖ Parenting
- ❖ Life Transitions
- ❖ Spirituality

Nature of Counseling: Counseling is a formal, purposeful partnership between client and counselor. My job is to help you identify your goals and potential solutions to your problems that cause you emotional turmoil in your everyday life. Counseling is a process that may take varying length of time. Some clients need only a few sessions and others may require months to years of therapy. I believe, based on Attachment theory, that our earliest bonds formed as a child have tremendous impact on our relationships that continue throughout life. The bonds and relationships between people are extremely important to one's mental health. My therapeutic approach to counseling is based off of concepts found in attachment theory, solution-focused, cognitive-behavioral therapy, emotionally focused therapy and the Gottman method. Christianity provides a foundation underneath these various theoretical approaches in therapy. The use of my Christian understanding within therapy is individualized to you. My objective is that through therapy you work through and learn through past experiences while developing a sense of yourself as an empowered and autonomous human being.