

Professional Disclosure Statement **Rowena A. Barnett, M.A., 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:

- ❖ M.A. in Counseling, Reformed Theological Seminary – 1998
- ❖ B.S. in Nursing, University of Florida – 1995

I am a Licensed Mental Health Therapist in the State of Florida. After earning my nursing degree, I worked as a registered nurse at Shands Hospital in Gainesville, Florida. My counseling experience has included counseling chronically mentally ill individuals at a community counseling center; adolescents at an outpatient drug and alcohol rehabilitation center; participating in a specialized marriage counseling internship; and working as a counselor at a Christian counseling agency. I have completed Level 1 Training in Gottman Method Couples Therapy and use Gottman Method Couples Therapy in my work. I am a member of the American Association of Christian Counselors. My practice provides for services below but is not limited to:

- ❖ Individual, Couples, Family, and Adolescents
- ❖ Depression
- ❖ Anger Management
- ❖ Divorce Recovery
- ❖ Singleness
- ❖ Premarital Counseling: Certified in PREPARE/ENRICH assessment
- ❖ Codependency
- ❖ Anxiety and Stress Management
- ❖ Family Issues
- ❖ Grief/Loss
- ❖ Life Transitions
- ❖ Spiritual Issues

Nature of Counseling: Counseling is a collaborative effort requiring a great amount of courage and work from both the client and the counselor. I see my role as a guide and coach in an ongoing process of understanding, healing, and change in your emotions, thoughts, and behaviors. Often your past history is explored at length to facilitate greater understanding of how your past effects the present. Because life is often played out in the context of relationships, these emotions, thoughts, and behaviors not only impact your view of self, but also the world around you. Through the counseling process, these insights and healing of the past can lead to healthier relationships as well as a healthier sense of self-worth in the present. Some clients need only a few sessions and others may require months to years of therapy. I have an eclectic approach to therapy drawing heavily from concepts found in person-centered therapy, cognitive-behavioral therapy, and emotion focused therapy. My relationship with God and understanding of Biblical Scripture provides a foundation underneath these various theoretical approaches in therapy. My use of the Scriptures and Christian understanding within therapy is highly individualized to you. I incorporate Scriptures and prayer when I believe this is appropriate to your individualized process. My desire is that through therapy you may not only gain greater understanding of your own emotions, thoughts, and behaviors and improve your relationships; but that you also obtain greater hope, stronger faith, and develop a larger capacity for love.