

## *What are the counselor's credentials?*

I graduated with a Bachelor's degree in Psychology from the University of Maryland in 2003 and a Master's degree in Professional Counseling from Liberty University in 2010. I'm currently in the final stages of my doctoral program in Counselor Education and Supervision at Walden University and am working under the supervision of Dr. Jennifer Bellingrodt, a Licensed Clinical Psychologist.

In addition to my educational background, I have 20 years of military experience to include multiple deployments and assignments. I have also applied for licensure as an Associate Counselor through the Arizona Board of Mental Health Examiners.

My prayer is that I can help you and your family to find peace and happiness.



*Counseling Services*  
*Aubrie D. Jones*

*“God heals the brokenhearted  
and binds up their wounds.”  
Ps. 147:3*

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### ***About Me***

I hold strongly to my values of integrity, excellence in all I do, and service before self. Part of my commitment to serving others stems from my Christian worldview. Although I will maintain a secular approach to counseling to ensure your level of comfort in session, when deemed appropriate I will incorporate the love of Christ and prayer into our sessions. In the safety of our therapeutic relationship, it is my hope that you are able to see yourself honestly and work towards healing and self-renewal.

### ***What services are provided?***

My standard counseling method involves solution-focused therapy, with elements of client-centered and cognitive-behavioral approaches. The psychological services I provide include individual, couples, marital and family psychotherapy. I also assess the need for psychoeducational classes or groups and will implement them when deemed necessary. I may also provide limited psychological assessments and testing if necessary to aid in diagnosis and treatment planning, including referrals as deemed appropriate.

Psychotherapy and counseling is not easily described in general statements. It varies depending on the personalities of the counselor and the client and the particular problems that are being brought forward. There are many different methods I may use to help you work through problems or issues that you hope to address in session. Counseling is not like a visit to a medical doctor. Instead, it calls for a very active effort on your part.



### ***How do I access the service?***

Counseling sessions can be scheduled by calling (623) 882-3364 or through email at [aubriedjones1974@gmail.com](mailto:aubriedjones1974@gmail.com). I am often not immediately available by telephone, and I will not answer calls when I am with a client. However, I will make every effort to return your call within the same day.

The majority of our sessions will be held during evenings and weekends. If you are difficult to reach, please inform me of some times when you will be available. If you are unable to reach me and feel that you can't wait for me to return your call, contact your family physician or the nearest emergency room and ask for the psychologist on call. If I will be unavailable for an extended time, I will provide you with the name of a colleague to contact, if necessary.

### ***What does it cost?***

I am currently unable to accept insurance. My fee is \$30.00 per session, and cash payment is expected prior to each session. Appointment cancellation and/or rescheduling must occur at least 24 hours before your scheduled appointment in order to avoid the \$30.00 fee. If you have any questions, please do not hesitate to contact me.