

## About John Hawkins

I am licensed as a Professional Counselor by the Mississippi State Board of Examiners for Licensed Professional Counselors. Only licensed mental health professionals may provide counseling services in this state. In addition, I am certified by the National Board of Certified Counselors, a private certifying agency that recognizes counselors who have distinguished themselves through meeting the board's standards for education, knowledge, and experience. I hold a degree in counseling from Mississippi State University. The graduate program I completed is accredited by the Council on Accreditation of Counseling and Related Educational Programs.



**JH**  
**Licensed  
Professional  
Counselor**

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## Reclaim Your Path



**JOHN HAWKINS**

[www.johnhawkinslpc.com](http://www.johnhawkinslpc.com)

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**Counseling  
&  
Consulting**

## Professional Counseling Services

I provide individual and group counseling services to adults, adolescents, gifted children, and families.



***My goal as a counselor is to help clients become more accepting, loving, and aware of themselves and others so that they can assume more control over their lives, reduce***

***stress and anxiety, and cope effectively with life events. I do this partly through helping them get the tools they need to create meaningful and productive lives.***

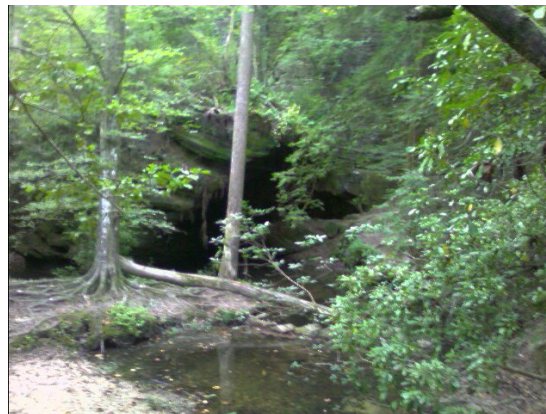
I work with clients with a variety of emotional, psychological, social, and spiritual issues. Some need support facing serious life transitions, such as divorce, the death of a loved one, or what is commonly called the “mid-life crisis.” Others are crippled by depression, anxiety, and post-traumatic stress disorder. Underachievement and behavior problems in teens or children may mask underlying emotional and psychological problems. Families and marriages also hit rough spots. Counseling is effective for these and other problems.

## A Wellness Perspective

“Wellness is a way of life oriented toward optimal health and well-being in which body, mind, and spirit are integrated by the individual to live more fully within the human and natural community” (Myers, et al., 2000). Wellness is a very useful model for counseling. It helps people look at their lives holistically yet specifically. It identifies areas of optimal functioning as well as areas where improvement is needed. Wellness is more than the absence of physical, emotional or psychological symptoms—

***Wellness is the conscious attempt to live intentionally throughout our lives in order to reach our fullest potential.***

In conjunction with the Wellness Model, I utilize cognitive-behavior therapy to treat anxiety and depression, insight-oriented therapy in working with clients in transition, and Adlerian therapy in working with adolescents and families. I have also had additional training in Neuro-Linguistic Programming, Solution-Oriented Brief Therapy, and spiritually and counseling.



## Workshops, Groups & Retreats

I conduct marriage and parenting workshops and retreats for schools, churches, and other organizations. I facilitate life style change groups for individuals with diabetes.

## Consultation & Supervision

I provide psychological consultation and assessment for physicians and therapists.

I am a Board Certified Supervisor by the Mississippi State Board of Licensed Professional Counselors and provide counseling supervision for counselors desiring to accrue sufficient supervision hours for licensure.

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