

COOKS COUNSELING
'WHERE YOU CAN FIND HOPE AND HEALING'

Professional Disclosure Statement
Jenifer K. Cooks, LPC-S

Welcome to Cooks Counseling, PLLC. I am pleased you have chosen this practice to receive counseling services. I commit to you to provide the highest quality of care during your time here.

Qualifications:

I am a graduate of Northwestern Oklahoma State University in Alva, Oklahoma, with a Master's Degree in Behavioral Science. I am currently a Licensed Professional Counselor with the State of Texas as well as an International Certified Gambling Counselor.

Experience:

I have worked as a Counselor since 2000. In 2004, I received my full licensure as a Licensed Professional Counselor in the State of Oklahoma. In 2009, I became licensed in the State of Texas after relocating to Texas. I have extensive experience working with children, women, and families due to working in child welfare/family services in the State of Oklahoma for over 14 years. I have over 11 years teaching Sunday school to children and youth. In 2012, **Cooks Counseling** opened and has been providing services to the surrounding communities since.

Nature of Counseling:

The main therapeutic process I utilize is called Cognitive Behavior therapy. This approach focuses on how our thinking affects our behavior, both positive and negative. My role is to help the client recognize his/her potential and be able to change his/her thought patterns which in turns affects emotions and behavior. I believe it is important to meet the client "where they are" and go forward.