

# CRYSTAL R. OWENS

MS, LPC-MHSP (TEMP)

LICENSED PROFESSIONAL COUNSELOR, MENTAL HEALTH  
SERVICE PROVIDER, COUNSELOR, EDUCATOR, CHANGE AGENT

**REDCEDAR**   
**PSYCHOTHERAPY, PLLC**

REDCEDARTHERAPY.COM

@REDCEDARTHERAPY



# MEET CRYSTAL

Crystal Owens is a professional counselor and the owner of Red Cedar Psychotherapy, PLLC in Brentwood, TN. She is also a licensed professional school counselor. Crystal earned a Master's degree in PreK-12 School Counseling from Tennessee State University and a second Master's degree in Clinical Mental Health Counseling from Lipscomb University. She has a wealth of experience working with children, teens, and adults over the course of her 13-year career in the mental health field. She specializes in working with anxiety and focuses on supporting adults and teens from a humanistic approach as they navigate life's changes.



## KIND WORDS

“Crystal holds an immense amount of space with her clients with the ability to lend guidance and a soft welcoming to each of her sessions. Her investment in her work is easily recognizable upon first meeting her.

-Jess M. Nashville, TN”



Crystal has presented topics on mental health in the Black community and stressed the importance of self-care to audiences of students, educators, actors, and community members throughout Middle Tennessee. She strives to be a change agent in the Black community through the use of research, writing, community involvement, and self-exploration. As a therapist, she desires to provide hope for her culturally diverse clients and provide relief from the anxiety that prevents individuals from fully immersing themselves in life as they desire. Crystal is prepared to offer support to all individuals on their journey towards self-awareness and personal discovery.

## HOW TO REACH ME

- Office: (615) 994.1314
- Email: [crystal@redcedartherapy.com](mailto:crystal@redcedartherapy.com)
- Website: <http://redcedartherapy.com>
- Social Media: @redcedartherapy
- Mailing Address: 103 Continental Pl. Ste. 120, Brentwood TN 37027

