

MEET OUR TEAM

KRISTAL POLAND



Hi! My name is Kristal Poland, but everyone calls me KP. I am married to my college sweetheart and am a mother to an awesome little boy. I have been a Licensed Professional Counselor since 2017. I earned a master's degree in Counseling and Guidance from Louisiana Tech University in 2015. I have been a Nationally Certified Counselor since 2016 and received continuing education and certification in telehealth. I enjoy working with all age groups from ages five through adulthood in individual settings and group settings. The conditions I have the most experience in treating include depression, anxiety/panic disorder, mood disorders, marital/relationship/family issues, ADHD, PTSD, ODD, impulse control issues, childhood and adult trauma, grief, and comorbid health conditions. I specialize in Cognitive Behavioral Therapy and Solution-Focused Therapy. I have worked at Volunteers of America for over 5 years and love the opportunity I have to serve our clients, meeting them where they are and providing them with quality services. Counseling gives me the opportunity to use my greatest gift, being a good listener, to help guide others into working through life's obstacles. You can always count on me to keep it real, give tough love when I need to, but be your biggest cheerleader as well. I genuinely love what I do and cannot wait to work with you.

JENESIS GIBSON



Hi there, I'm Jenesis! I am a Licensed Professional Counselor and as well as a Trust-Based Relational Intervention Practitioner. I have seven years of clinical experience working with children, adolescents and adults who desire to cope with issues relating to anxiety, depression, bipolar, selective mutism, ADHD, conduct disorder, impulse control, DMDD, and addiction. I specialize in Person-Centered, Cognitive Behavioral Therapy, and Solution Focused Therapy with a trauma-focused approach. I also enjoy utilizing therapeutic play, activities, and worksheets with my younger clients. What I love about counseling is being able to help facilitate positive change and working collaboratively with my clients to achieve goals they never thought were possible. What can you expect from counseling is a healthy and trusting therapeutic relationship, empathic understanding, with a dose of humor. I look forward to meeting you soon.

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JENNIFER S. MAXIE

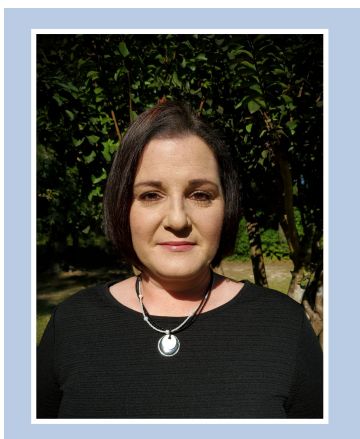


Hello, I am Jennifer S. Maxie! As a young teen, I became interested in learning about people, their behaviors, decisions they made, and if negative events that negatively affected childhood continued to have a negative effect in adulthood. This led me to study psychology in college.

My credentials include a Bachelor's Degree in Psychology from the Northeast Louisiana University-1985 (now University of Louisiana at Monroe) and a Master's Degree in Professional Counseling (Grand Canyon University-2012). I am a Qualified Administrator of the Myers-Briggs Type Indicator Instrument-2016, Nationally Certified Counselor-2019, and I am an approved Teletherapy provider. I am currently pursuing certification to become a Trauma Focused Therapist. I am very passionate about helping individuals and the work that I do.

I am empathetic, sympathetic and believe in meeting clients where they are, establishing rapport, and building a professional relationship. Together we will establish a treatment plan that will provide assistance in helping you achieve your goals. I agree with Albert Einstein, "Life is like riding a bicycle, to keep your balance, you must keep moving". I will encourage you not to give up, keep moving to keep your balance and keep expressing your feelings. Since 2012, I have worked with children and adults (ages five and up) in their homes, schools, and community settings providing quality and ethical services. I look forward to helping you break down any barriers blocking you from being the BEST you can be. Make the first step by calling and setting an appointment to see me!

TINA HALL



Hello, I'm Tina! From a very young age, I knew that I wanted to do something to help others. I have always found joy in making connections with other people. This led to my interest in counseling.

I strive to provide a supportive and safe space for clients to be heard, to feel valued, and to be respected. I believe in meeting clients where they are at and establishing a connection that is most beneficial to them. I am dedicated to educating, guiding, and supporting clients in becoming more aware of the changes necessary to achieve their goals and to learn new ways of thinking and communicating.

I hold a Bachelor's Degree in Psychology from Northwestern State University and a Master's Degree in Counseling and Guidance from Louisiana Tech University. I am a Licensed Professional Counselor in the State of Louisiana. Over the past five years, I have worked with children ages 5 and up in several different settings such as home, school, and within the community. I have some experience and training with play therapy and I am currently pursuing certification in trauma related care.