

Cedar Crossing Counseling



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"The good life is a process, not a state of being. It is a direction not a destination." Carl Rogers

Biography

Kimberly originates from California but grew up in Corpus Christi, Texas. She completed both her Bachelor of Arts and Master of Science degrees in Psychology at Texas A&M University-Kingsville. While in graduate school in 2003, she began working in the counseling field at the Life Services and Wellness Counseling Center with students struggling with depression, anxiety, drug and alcohol problems, and relationship challenges. She completed her yearlong graduate internship working at Family Counseling Services in Corpus Christi. At FCS, she gained knowledge in group therapy participating in the CHOICE Program for female teens, and a group for Adolescent male sex offenders through Nueces County Probation Office.

In 2005, Kimberly began employment at a state facility counseling adults with Intellectual Disabilities and Mental Health diagnoses. This is where she completed her licensure hours, receiving her license as a Professional Counselor in 2005. While working with the state of Texas, she became experienced in therapeutic strategies in the areas of Behavioral Therapy, Dialectical Therapy, Person Centered theory, and other many holistic tools to use with adults with a variety of diagnoses, including Autism Spectrum Disorder.

Kimberly left the state for a group private practice in 2013. While working at the Coastal Bend Psychological Associates offices, she developed specialties in Depression and Anxiety. She also expanded her skills in utilizing assessments to determine diagnoses and assisted in completed psychological evaluations under the supervision of Dr. R.C. Cramer, Psy.D, BCBA-D, LPC-S. Kimberly gained her approval from the Board of Examiners in 2016 to supervise other counselors in their journey for licensure. Since then, assisting many talented therapists in gaining their Texas licenses.

Kimberly's passion lies in working with adults and adolescents in the areas of trauma, relationships, Depression, and Anxiety. Her therapeutic interventions come from the backgrounds of Cognitive Behavioral Therapy, Behavioral Therapy, Person Centered or Rogerian Therapy, Adlerian Therapy, and Solution Focused Therapies. For the in person setting, Kimberly often incorporates Art Therapy techniques and Sand Tray activities to help people express their emotions and work on relaxation through self-expression.

Services offered:

Counseling services offered to adolescents age ten and up to adults and couples. This is currently provided through Telehealth platforms (Zoom, Betterhelp, and Teladoc). Kimberly provides a relaxing atmosphere with genuine and positive interactions. She will work to make the client as comfortable as possible. Therapy is client guided, goals are created by the client, and Kimberly will assist them providing guidance and assistance to meet those goals. Therapy can be purpose driven and complete within a couple months, up to years for those clients that wish to utilize the therapeutic setting for maintenance and support.