

## **Shelby M. Upton, MA, LPC Associate (#81417)**

**Supervised by Beth Ann Contreras, MMFT, LMFT-S, LPC Supervisor (#60484)**

*Seeing **Children/Adolescents ages 5 and up** (issues may vary from mental health difficulties like depression/anxiety, adjusting to life transitions (divorce, single parent family, starting school, etc), trauma-related experiences, high functioning special needs issues, gifted intelligence issues, attachment struggles with caregivers, etc.), **Young Adults** (adjusting from life transitions, attachment issues with parents, and other mental health difficulties), **Families** adjusting from transitions (multigenerational households, blended families, divorce, single parent families, grief due to loss of family members, etc.), **Young Adult Women issues** (trying to conceive, pregnant, postpartum), **individuals** with mental health difficulties and trauma related issues,, and those desiring **Biblical Christian Counseling (UPON REQUEST ONLY).***

### **Education and Licensure**

**State of Texas, 02/2019-Present (Exp. 2/18/2024)**

- ◆ *Board of Professional Counselors, Licensed Professional Counselor-Associate (#81417)*

**East Texas Baptist University—Marshall, TX**

- ◆ *Bachelor of Science in Psychology, Minor in Religion, Degree received 12/2013*

**Liberty University—Lynchburg, VA**

- ◆ *Master of Arts in Professional Counseling, Degree received 09/2018*

### **Professional Experience**

**Galloway Counseling Center, 03/2023-Present**

- ◆ *Licensed Professional Counseling Associate*
  - Position requires direct and indirect contact with clients seeking counseling services including assessing, diagnosing if needed, and treating mental and emotional issues and disorders under Supervision.

**Limitless Pediatric Therapy, 12/2019-Present**

- ◆ *Licensed Professional Counseling Associate*
  - Position requires direct and indirect contact with clients seeking counseling services including assessing, diagnosing if needed, and treating mental and emotional issues and disorders under Supervision.

**Little Love Counseling 03/2019-01/31/2020**

- ◆ *Independent Contracted Licensed Professional Counseling Associate*
  - Position requires direct and indirect contact with client seeking counseling services including assessing, diagnosing if needed, and treating mental and emotional issues and disorders under Supervision.

**Regal Oak Counseling, LLC 08/2017-08/2018, 02/2019-05/2021**

- ◆ *Independent Contracted Licensed Professional Counseling Associate*
  - Position requires direct and indirect contact with client seeking counseling services including assessing, diagnosing if needed, and treating mental and emotional issues and disorders under Supervision.
- ◆ *Practicum and Graduate Intern*
  - Routine duties include individual counseling, marital counseling, family counseling, group therapy, intakes, participating in regular individual and group supervision, treatment planning, record keeping, and giving assessments. In addition to these duties, experience also includes assistance in building the private practice through hiring employees and interns; created a manual and established a stress and anxiety support group material; formed the College and Career counseling program.

**Home Maker & Graduate Student, 04/2013-08/2017**

### **Volunteer Experience**

**HOPE Ministry- Mental Health Ministry, 10/2021-10/2022**

- ◆ *Head Co-Leader in Training*
  - Co-leads a mental health ministry with spouse, while under mentorship, encompassing free support groups and classes for those local to our area struggling with trauma and/or mental health issues.

**CASA- Court Appointed Special Advocate-Harrison County, 08/2012-05/2013**

- ◆ *Court Appointed Special Advocate for children*
  - Advocated in and out of court for children going through CPS in Harrison County