

## **Glenda Evette Demas, LPC, ACTP, a Licensed Professional Counselor with Pearls of Change Wellness, LLC**

Get to know Licensed Professional Counselor, Glenda Evette Demas, who serves patients in Katy, Texas.



**New York City, Aug 15, 2020 ([Issuewire.com](http://Issuewire.com))** - Glenda is a licensed professional counselor, an advanced clinical trauma practitioner, and a certified school counselor. She is the Founder of Pearls of Change Wellness, LLC in Katy, Texas.

Offering psychotherapy services for individuals and families, her mission is to help individuals explore the root of their presenting challenge with an effort to aid them in creating healthy coping skills that help promote a renewed sense of hope. She also ensures compassion, acceptance, respect, and empowerment by reminding each patient that “Together We Can.”

“I believe that where the mind goes, the body will follow. When we work on our thinking, feelings and behaviors will change. The psychotherapy relationship is one that is based on trust and understanding, which is imperative for healing to take place. The nature of our relationship will be a collaborative one where you and I will work together to accomplish your set goals” in the opinion of Glenda.

Helping patients to regain their sense of normalcy and working to change their overall view of life, she has experience working with patients on a range of issues and life challenges, including: transitions, women’s issues, maternal issues, eating disorders, aging issues, gender identity, anxiety and depression, relationship trauma, divorce, adjustment disorders, stress management, post-traumatic stress disorder, and postpartum depression. She uses an integrated counseling approach that combines cognitive behavior therapy with person-centered therapy, as well as incorporates dialectical behavioral therapy to combat trauma.

A Native Houstonian, Glenda obtained her Bachelor of Arts degree in Communication Studies from the University of Houston, her Master of Business Administration and Management from LeTourneau University, and her Master of Arts degree in Counseling Education from Prairie View A&M University. She found her passion in mental health advocacy from working with children in the education setting and through her experience with children in the foster care system. She is currently in her residency in pursuit of her Doctorate in Psychology in Behavioral Health Leadership degree.

“My inspiration and passion for raising awareness over the importance of mental health came from my own personal struggles and desire to make sure that others knew that mental illness is not a stigma. Having lived with Obsessive Compulsive Disorder gives me the ability to show others that you can succeed and live a fulfilled life with a mental illness” expressed Glenda.

Currently presiding as a Board of Director for the National Alliance on Mental Illness-Greater Houston, she has served on various panel discussions and has provided a great deal of resources throughout the Greater Houston Area. With experience in education and crisis intervention, she has also led support groups for parents of teens struggling with depression.

Covering the importance of mental health maintenance, she remains a member of the American Counseling Association, the American Mental Health Counselors Association, and the Houston LPC Association.

Licensed professional counselor is a licensure for mental health professionals in some countries. A licensed professional counselors is a master’s degree-level mental health service provider, trained to

work with individuals, families, and groups in treating mental, behavioral, and emotional problems and disorders.

“My overall goals are to expand my current experience through education and research; to inspire others to work to become the best version of themselves, no matter what they are faced with; and to help individuals from various socioeconomic backgrounds understand that seeking help for a presenting mental health challenge is a great step towards self-care. Where the mind goes, the body will follow. Caring for our mental health is just as important as our physical health” as stated by Glenda.

### **Learn More about Glenda Evette Demas:**

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82737554-Glenda-Demas-Counselor-Therapist> or through Pearls of Change Wellness, LLC, <http://www.pearlsofchange.com/about-therapist.html>

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Source : Glenda Evette Demas, LPC, ACTP,

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