

# Dr. Annette C. James, Recognized by America's Best in Medicine, Launches Innovative Online Counseling in Mississippi

Providing Compassionate Support for Mental Health Challenges through Flexible Virtual Therapy



counselor with extensive educational credentials and a passion for mental wellness, is proud to announce the launch of her online therapy services through Dreams Over Distractions Consulting & Counseling Services. With a commitment to helping individuals navigate life's complexities, Dr. James offers accessible mental health support for teens, adults, and seniors, catering to a diverse range of needs.

Dr. James holds a Bachelor's degree in Family and Human Development from Mississippi University for Women, a Master's degree in Counselor Education, and an Educational Specialist Degree in School Counseling from Mississippi State University. She furthered her education with a Doctor of Education in Counselor Leadership from Delta State University, equipping her with the knowledge and skills to provide high-quality care. Additionally, her board certification in tele-mental health reinforces her commitment to delivering modern therapy solutions.

Dr. James is also a published researcher in the field of counseling. Her peer-reviewed article, *“Does Adherence to the ASCA National Model Predict Job Satisfaction Among School Counselors?”* was published in the *Journal of Counseling Research and Practice* (Spring 2022), reflecting her dedication to research-informed practice and professional excellence.

Through her practice, Dr. James addresses various mental health concerns, including anger, anxiety, depression, behavioral issues, self-esteem, stress, and oppositional defiance. Her approach is grounded in compassion, aiming to help clients achieve clarity and confidence in their lives. By offering flexible weekday and evening appointments, Dr. James ensures that her services are accessible to individuals with varying schedules.

Employing a comprehensive set of evidence-based therapeutic approaches, Dr. James utilizes Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Mindfulness-Based Cognitive Therapy (MBCT), and Solution-Focused Brief Therapy (SFBT), among others. Her client-centered care emphasizes building therapeutic relationships and empowering individuals to strengthen their coping skills and cultivate lasting change.

Dr. James is also a proud member of several professional organizations, including the Delta Kappa Gamma International Society and the Mississippi Counseling Association and Tombigbee Counseling Association, which further enrich her practice and community involvement.

“I enjoy building therapeutic relationships and meeting the diverse needs of clients,” said Dr. James. “My goal is to help them work through mental health ‘distractions’ to achieve mental wellness.”

### **Learn more about Annette C. James:**

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/annette-james>

### **America's Best in Medicine**

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted

guidance for patients and peers alike.

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