

## Jennifer Cotton Recognized By America's Best In Medicine As A Dedicated Advocate For Mental Health In Dallas-Fort Worth

Licensed Professional Counselor Specializing in Outpatient Care for Adults



Arlington, Texas Feb 18, 2026 ([Issuewire.com](http://www.Issuewire.com)) - Jennifer Cotton, MS, LPC, is proud to announce

her practice as a Licensed Professional Counselor serving the Dallas-Fort Worth Metroplex. With a rich background in trauma-informed care, anxiety, depression, and mood disorders, she is committed to providing personalized outpatient therapy focused on the unique needs of each adult client.

Jennifer's therapeutic approach is deeply rooted in empathy and understanding, employing evidence-based methods tailored to foster healing and growth. Her extensive expertise also encompasses relationship and marital counseling, family dynamics, identity exploration, and issues surrounding self-esteem and sexuality. By integrating clinical skill with compassionate care, she helps individuals navigate their emotional landscapes to achieve lasting change.

A proud alumna of Baylor University, Jennifer earned her Bachelor's Degree in Biology/Pre-Med, followed by a Master's Degree in Counseling Psychology from Tarleton State University. Her clinical journey includes valuable internships at Millwood Hospital in Arlington and Mesa Springs in Fort Worth, where she developed her skills with a diverse range of patients facing complex mental health challenges.

Jennifer's unique perspective as a former service member enriches her practice, particularly in her work with military veterans dealing with trauma and high-stress situations. She is trained in advanced therapeutic techniques, including Eye Movement Desensitization and Reprocessing (EMDR) and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). Additionally, she utilizes the Gottman Method for couples counseling to help partners strengthen their relationships and improve communication.

Conducting her clinical work virtually through DHTC, Jennifer ensures that her services are accessible to those who need them most, especially in today's fast-paced world. Telehealth allows her to reach patients who may have difficulty accessing traditional in-person therapy, providing them with continuous support from the comfort of their homes.

Beyond her professional commitments, Jennifer enjoys running and attending anime conventions, reflecting her dedication to personal wellness and her appreciation for creative communities. She remains passionate about mental health advocacy and plans to pursue a Ph.D. in Clinical Neuropsychology to further deepen her understanding of complex clinical issues.

### **Learn more about Jennifer Cotton:**

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/jennifer-cotton> or through her profile on DHTC, <https://dnhtc.org/therapists/jennifer-cotton/>

### **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.

## Media Contact

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