

Valerie Williams, LPC: Person-Centered And Cognitive Behavioral Therapy For Emotional Challenges And Personal Growth

Providing Compassionate Mental Health Support for Adolescents, Adults, and Geriatric Patients Across Louisiana



Monroe, Louisiana May 19, 2026 (IssueWire.com) - Monroe, Louisiana — Valerie Williams, LPC, is a Licensed Professional Counselor with ten years of experience dedicated to providing compassionate, patient-centered mental health care to individuals across multiple stages of life. Through her private counseling practice and work within nursing home facilities, Valerie supports adolescents, adults, and geriatric patients facing a variety of emotional and behavioral health challenges, helping them build resilience, confidence, and healthier coping strategies.

Valerie specializes in treating depression, anxiety, Attention-Deficit/Hyperactivity Disorder, adjustment disorders, grief, and other emotional concerns that impact daily functioning and quality of life. Her work is grounded in creating a safe, supportive environment where individuals feel heard, understood, and empowered throughout their mental health journey.

A graduate of Grambling State University, Valerie earned her Bachelor's Degree in Psychology before continuing her education with a Master's Degree in Social Science with a concentration in Psychology, as well as a Master's Degree in Secondary Education and Clinical Mental Health from Alcorn State University. Her academic background, combined with years of hands-on counseling experience, has equipped her to work effectively with clients from diverse backgrounds and age groups.

Valerie established her own private counseling practice alongside her mother, where she provides therapy services to clients of all ages. In addition to her private practice, she also delivers in-person counseling services within nursing home settings, supporting older adults as they navigate the emotional complexities associated with aging, chronic illness, grief, and major life transitions. Her work with geriatric patients requires patience, empathy, and individualized care, ensuring residents receive emotional support in a respectful and compassionate environment.

Within her private practice, Valerie frequently works with adolescents and teenagers experiencing social anxiety, emotional stress, self-esteem concerns, and the developmental and hormonal changes that accompany adolescence. Many of her counseling sessions are conducted virtually, allowing her to provide accessible and flexible care to clients who may otherwise face barriers to treatment.

In addition to therapy services, Valerie also performs contract work, conducting behavioral health and addiction assessments, further expanding her contributions to mental health and community wellness.

Valerie approaches counseling through a blend of person-centered therapy and cognitive behavioral therapy, helping clients better understand the relationship between their thoughts, emotions, and behaviors. By guiding individuals to reframe negative thinking patterns and develop healthier perspectives, she empowers them to strengthen coping skills and improve overall emotional well-being.

For Valerie, some of the most rewarding aspects of counseling come from witnessing meaningful growth and transformation in her clients. She finds great fulfillment in watching individuals gradually gain confidence, emotional insight, and healthier coping mechanisms, especially when they begin overcoming challenges that once felt unmanageable.

She also deeply values the authentic human connections formed through counseling. Valerie appreciates creating a safe space where clients feel comfortable sharing their thoughts, emotions, and life experiences without fear of judgment. Rather than simply providing answers, she focuses on helping clients recognize their own strengths, resilience, and ability to navigate difficult situations.

Valerie believes that counseling is about supporting people during some of the most important moments of their lives, whether they are managing anxiety, processing trauma, adjusting to change, or working to

improve relationships and emotional health. She also enjoys the continual learning that comes with the profession, recognizing that every client brings unique experiences and perspectives that contribute to her growth as a counselor.

A major source of inspiration in Valerie's life and career was her late mother, Dr. Lawanna Gunn-Williams. Dr. Gunn-Williams was a Licensed Marriage and Family Therapist and former Psychology Professor. Valerie credits her mother's strength, compassion, and dedication to helping others as a guiding influence behind her passion for counseling and service to the community.

Valerie describes her mother as the blueprint for the woman and professional she strives to become. Seeing her mother selflessly encourage, mentor, and motivate people deeply impacted Valerie's heart and inspired her passion for helping others heal and grow. Her mother's legacy continues to motivate Valerie as she works to positively impact lives through mental health care and community service.

Valerie is motivated by the opportunity to bring encouragement, healing, and support to the well-being of others. Through her dedication to mental health care across generations, she continues to positively touch the lives of individuals, families, and communities throughout Louisiana.

Learn more about Valerie Williams:

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

America's Best in Medicine

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