

America's Best in Medicine Profiles Anna Morgan, MA, LPC Associate (LPC-A): Founder of Open Door Counseling PLLC

Dedicated Counselor Expands Access to Compassionate Mental Health Care for Children, Adolescents, and Families Across Texas



San Antonio, Texas Jun 12, 2026 ([Issuewire.com](https://www.Issuewire.com)) - Anna Morgan, MA, LPC Associate (LPC-A), is a compassionate and dedicated mental health professional who is making a meaningful difference in the lives of children, adolescents, and families throughout Texas. As the Founder of Open Door Counseling

PLLC in Bridgeport, Texas, Anna has built a counseling practice centered on connection, empathy, and personalized support, offering both in-person services in Bridgeport and virtual counseling for clients statewide.

Supervised by Dr. Bryan Moffitt, LPC-S, Anna has created a welcoming and supportive environment where individuals and families can safely explore emotions, strengthen relationships, and develop practical skills to navigate life's challenges. Her counseling style is warm, relational, and creative, often incorporating play therapy techniques, art-based interventions, and mindfulness practices to encourage healing, resilience, and personal growth.

“At Open Door Counseling, I believe therapy is not about fixing someone—it’s about helping them discover what already makes them capable, courageous, and whole,” says Anna. “I offer both in-person sessions in Bridgeport, Texas, and virtual counseling for clients across the state.”

Anna’s passion for mental health stems from both professional experiences and personal understanding of the challenges that mental health and substance use issues can have on families. This perspective has fueled her commitment to helping children, adolescents, and parents find support, hope, and practical strategies for overcoming obstacles and building stronger futures.

She earned her Master’s Degree in Clinical Counseling from Wayland Baptist University in 2023 and holds a Bachelor’s Degree in Human Development and Family Studies from Texas Tech University. Throughout her career, Anna has gained experience in a variety of mental health settings, including community counseling, work as a Qualified Mental Health Professional, and partnerships with local elementary schools to provide early intervention services for students facing behavioral and emotional difficulties.

Known for her client-centered approach, Anna integrates evidence-based methods such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and mindfulness-based techniques to meet each client’s unique needs. She has a particular passion for supporting children with learning differences and helping families and educators work together to foster confidence, emotional regulation, and resilience in young people.

“Growing up in a small Texas town taught me the value of connection, community, and humility,” Anna explains. “I understand the unique challenges that rural and small-town families face—where everyone knows everyone and privacy, pride, and tradition often shape how we handle stress and emotion. My goal is to meet each client exactly where they are with empathy, curiosity, and encouragement.”

Looking toward the future, Anna remains focused on increasing access to quality mental health services, particularly in underserved communities. She is currently developing a nonprofit counseling foundation designed to broaden support resources for families and individuals who may otherwise face barriers to care.

In addition, Anna is preparing for the release of her first book, *Wired and Wondering: Parenting the Teenage Brain in a Digital Age*. Drawing from her clinical experience, the book explores the impact of social media and technology on children and adolescents while providing parents with practical, actionable tools to strengthen relationships, better understand behavior, and support healthy emotional development. She is actively engaged in discussions with publishers and anticipates publication in the near future.

Through her clinical expertise, community involvement, and unwavering dedication to accessible mental

health care, Anna Morgan continues to make a lasting impact on families across Texas. Her work reflects a deep belief in the power of connection, understanding, and compassionate support.

“If you’re looking for a safe, judgment-free space to talk, grow, and heal, I’d be honored to be part of that journey,” says Anna. “Because at Open Door Counseling, every story matters—and yours deserves to be heard.”

Learn more about Anna Morgan:

Through her America’s Best in Medicine profile, <https://americasbestinmedicine.com/providers/Anna-Morgan> or through her profile on Open Door Counseling PLLC, <https://www.opendoorcounselingtexas.com/anna-morgan>

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Media Contact

America's Best in Medicine

*****@americasbestinmedicine.com

1-877-346-0175

<https://americasbestinmedicine.com>

Source : Anna Morgan

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