

Anjelica B. Hart, M.S., Mental Health Counselor

Get to know Mental Health Counselor Anjelica B. Hart, who serves patients in Shreveport, Louisiana.



New York City, May 7, 2019 (Issuewire.com) - Anjelica is a mental health counsellor in Shreveport, Louisiana. She provides community psychiatric supportive treatment and psychosocial rehabilitation to patients and their families. Anjelica evaluates and treats her patients using various types of therapies, including psychotherapy and cognitive behavioural therapy.

Anjelica is also an Adjunct Instructor of Psychology at Southern University at Shreveport. From training their community's workforce and preparing students for four-year schools to leading the way in global educational success and completion, Southern University at Shreveport is committed to ensuring that they leave an indelible footprint in their community and beyond.

Anjelica received her Associate's degree in Psychology at Southern University at Shreveport in 2009. Thereafter, she went on to earn her Bachelor of Science in Psychology (2012) and her Master of Science in Psychology (2014) at the University of Phoenix.

Anjelica is currently pursuing her Doctor of Education (EdD) degree in Educational Psychology and Technology at the Chicago School of Professional Psychology. She is expected to graduate in May of 2020.

Anjelica is certified in the Positive Parenting Program (Triple P). Triple P is a parenting intervention with the main goals of increasing the knowledge, skills, and confidence of parents, as well as reducing the prevalence of mental health, emotional, and behavioural problems in children and adolescents.

Due to the fact that Anjelica dealt with a family member suffering from bipolar disorder, she wanted to learn about mental illness and human behaviour. This sparked her interest to pursue a career in psychology.

Anjelica attributes her success to the support of her colleagues and her family. Her mother, a retired professor, and her stepfather, a principal, instilled the importance of education in Anjelica since she was very young and they encouraged her to continue learning.

Anjelica has an intrinsic motivation, wanting to leave behind a legacy of helping those in need.

Mental health is a level of psychological well-being or an absence of mental illness - the state of someone who is "functioning at a satisfactory level of emotional and behavioural adjustment." A mental health counsellor, like Anjelica, is a person who works with individuals and groups to promote optimum mental and emotional health. They may help individuals deal with issues associated with addictions and substance abuse; family, parenting, and marital problems; stress management; self-esteem; and aging.

Learn More about Anjelica B. Hart:

Through her findatopdoc profile,
<https://www.findatopdoc.com/doctor/82169808-Anjelica-Hart-Counselor-Therapist>

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