<u>Dillon Addison, LPC</u>

Mr. Dillon Addison is a Professional Counselor who is independently licensed in the state of Texas to provide therapy services to individuals across the life span.

Mr. Addison obtained a Bachelor of Arts in Psychology from McMurry University in Abilene, Texas. After graduating, he continued his education at Tarleton State University in Stephenville, Texas, gaining a Master of Science in Counseling Psychology.

Mr. Addison has been working in the mental health field for over 10 years, joining the JCCTA team in 2021. Over the years, he has acquired a diverse array of experience in a variety of settings, from non-profit mental health centers to crisis call centers and inpatient psychiatric hospitals. He has a history of providing individual and group therapies, as well as family interventions, risk assessment, and aftercare collaboration with other mental health professionals. Mr. Addison has experience working with patients who suffer from various psychological challenges, including depression, anxiety, suicidal thoughts and behaviors, self-harming tendencies, ADHD, ODD, impaired social and communication skills, deficient stress and anger management abilities, and poor adjustment due to life changes and stressors. He has also worked with individuals in the LGBTQI population.

Mr. Addison utilizes a cognitive behavioral approach in therapy, though he integrates strategies from other therapeutic modalities when appropriate. He assists patients focus on the issues that have arisen in their lives due to distorted cognitions and thought patterns and resulting negative and painful emotions. He works closely with his patients to traverse the difficulties they are experiencing in life, and he is determined to help those he works with achieve their personal goals and desires.

If you believe Mr. Addison can be of service to you, your child, and/or your family, please do not hesitate to contact him directly at daddison@jonesccta.com with any questions you have.