

Sharaya Matheson, LMFT

Ms. Sharaya Matheson is a Marriage and Family Therapist who is independently licensed in the State of Texas to provide psychological services to children, adolescents, adults, and families.

Ms. Matheson completed her Bachelor of Arts in Psychology from the University of Massachusetts, Amherst in 2011, and then went on to obtain a Master of Arts in Clinical Psychology with a specialization in Marital and Family Therapy in 2015.

Ms. Matheson has gained several years' experience working with children, adolescents, adults, and families, having joined the JCCTA team in 2019. For the last several years, she has worked in both inpatient and outpatient settings providing therapeutic services, including play, individual, group, and family therapies, crisis intervention, and case management, and she also worked closely with other professionals and family members in ensuring her clients would be provided proper aftercare services. Ms. Matheson has also provided in-home interventions to parents who were struggling to parent effectively, and with those family members who were demonstrating poor anger management, depression, anxiety, and trauma-related symptoms, for example.

Ms. Matheson's vision and efforts are in helping individuals and families understand and know they can reach their full potential, no matter the difficult circumstances they may face in their lives. She also works hard to provide every client with a nonjudgmental and safe therapeutic environment where they can exercise their right to always be their authentic selves.

If you believe Ms. Matheson can be of service to you, your child, and/or your family, please do not hesitate to contact her directly at smatheson@jonesccta.com with any questions you may have.