

## Amy Mills, LPC

Mrs. Amy S. Mills is a Professional Counselor who is independently licensed in the state of Texas to provide therapeutic services to children, adolescents, adults, and families.

Having a passion for children and music, Mrs. Mills pursued her Bachelor of Arts degree in Elementary Education with a minor in Music from the University of Mary Hardin-Baylor. After her graduation in December of 1995, she became an elementary school teacher. It was in these teacher-student relationships when she began to recognize the significant role mental health has on development. Teaching children who struggled academically due to mental health barriers led Mrs. Mills to further her education at Southwestern Baptist Theological Seminary, where she then obtained a Master of Arts in Marriage & Family Counseling in May of 2002, as well as a Master of Arts in Christian Education.

Mrs. Mills was able to apply her passion as a therapist to working with children and adolescents in the foster care system, where she provided individual, group, family, sibling, and play therapies, in addition to as needed crisis intervention services. She also collaborated with various service providers, including schools, daycares, CASA volunteers, Attorney Ad Litem, and the Department of Family & Protective Services. Mrs. Mills also has an extensive background working in admissions at behavioral health hospitals. She met with individuals and families on one of the hardest days of their life to build rapport and connection, providing her the opportunity to then evaluate their mental health histories and current symptoms in order to make accurate diagnoses, treatment recommendations, and appropriate referrals. More recently, her journey led her to work with families in poverty, where she endeavored to assist these families build a better future. Although her primary responsibility was to provide individual and play therapies, she incorporated parenting skills and mentoring with parents/guardians. As the program expanded, it became apparent a multigenerational approach would be beneficial to meet the mental health needs of all involved family members. Hence, she spent the latter part of this experience working directly with adult family members, and in collaboration with the therapist who was treating the child(ren), to strengthen the family unit.

Mrs. Mills believes building a healthy connection is essential, and that understanding the dynamics of the family system is invaluable to treatment. Her therapy approach is determined by careful consideration of the client and family members alike. Mrs. Mills is trained in various types of therapy, including Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Trust Based Relational Intervention (TBRI), and Eye Movement Desensitization Reprocessing (EMDR).

When not working at JCCTA, Mrs. Mills' self-care includes making music, shopping with her husband, playing with their dog, gardening, and crafting. She can also be found serving as a leader and in the music ministry at the bilingual church she attends with her husband. As Dr. Suess says, "When something bad happens, you have three choices. You can either let it define you, let it destroy you, or you can let it strengthen you."

If you believe Mrs. Mills can be of service to you, your child, and/or your family, please do not hesitate to contact her directly at [amills@jonesccta.com](mailto:amills@jonesccta.com) with any questions you have. She would consider it an honor and privilege to walk beside you in your journey.