

Delisa Hampton, MA, LPC, CART

Licensed Professional Counselor

Delisa is dedicated to supporting individuals on their journey towards mental wellness and personal growth. With a compassionate and non-judgemental approach, Delisa provides a safe space for clients to explore their thoughts, feelings and experiences. In her spare time she enjoys attending Broadway shows and traveling.

Professional Background:

Delisa is a committed educator given the prolific honor of counseling students, as a School Counselor for over ten years. She has interest and expertise in clients across the developmental lifespan (childhood to adulthood). A trained, kind ear enables her to provide therapy that utilizes a range of theories and approaches for individualized treatment.

Education:

Delisa is uniquely suited to serve you. She holds a Master's degree in Counseling from Prairie View A&M University. She is a Licensed Professional Counselor (LPC). She has an extensive background in working with those that have experienced trauma and is a Certified Anger Resolution Therapist (CART)

Personal Philosophy:

Delisa is passionate about fostering a collaborative and empowering therapeutic relationship, where clients feel heard, understood and supported on their journey towards healing and personal growth.

Specialties:

Delisa's specialties include, but are not limited to working with clients dealing with childhood trauma, depression, ADHD, anxiety, stress, grief and coping skills. She has significant training which has been an asset in aiding individuals and their families in the healing process. Delisa primarily uses CBT but she is eclectic and draws from several theories to help her clients be successful.