

## **Tish Dixon**

Graduate Clinician

Tish believes in establishing a safe and welcoming environment for optimum healing. Her approach is psychoanalytic with an emphasis on developing a positive relationship between therapist and client.

### **Professional Background ...**

While serving as a corporate security professional for 25 years, Tish developed a keen passion for social justice. Some of her special training and experience includes program management & development, training specialist, strategic planning, effective communication, and research analysis. Tish has applied her educational background in psychology and counseling to her professional and volunteer opportunities. Tish has been an active member of several community outreach programs and currently serves on the board of directors for Grace Place Montrose whose mission is to provide a safe, welcoming environment for vulnerable youth experiencing homelessness of all sexualities and genders, providing nourishment, healthy relationships, and hope for the future.

### **Educational Background ...**

Tish completed her bachelor's degree in psychology from the University of Houston and her master's degree in counseling & development – marriage, couple, and family counseling from Lamar University in Beaumont, TX.

### **Personal Philosophy ...**

“I am committed to creating an environment that supports inclusivity and respect for all people regardless of race, color, body size, culture, religion, spiritual practice, sex, age, socio-economic status, sexual orientation, gender identity and gender expression, relationship status, national origin, and physical and mental abilities. I aspire to provide a warm, enlightening environment for personal growth. My methods are tailored to each individual or couple and include gentle insight, mindfulness, and Cognitive Behavioral Therapy (CBT). I feel inspired and honored to help individuals find meaning from their personal struggle.”