

# Miranda Jones, LPC

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## Education and Licensing

### Master of Science; Counseling

Dallas Baptist University

### Bachelor of Arts; Psychology and Sociology

Dallas Baptist University

### Licensed Professional Counselor

Texas License

## Professional Experience

Miranda is a Licensed Professional Counselor (LPC) at Para Vita Counseling. She received her Bachelors in Psychology and Sociology and continued on to get her Masters of Professional Counseling at Dallas Baptist University.

Miranda is a compassionate and creative counselor who takes a wholistic approach to her counseling. She doesn't just want to look at the cognitive and emotional aspects of your health but believes that one's physical, relational, and spiritual experiences play a part in what you may be experiencing.

Miranda aims to use techniques and interventions that would be best fit for each unique individual or couple, but will gravitate to providing Cognitive Behavior Therapy (CBT), Dialectical Behavioral Therapy (DBT), Person Centered and Family Systems to the therapeutic experience. Miranda has worked for a wide range of cases due to working in a Partial Hospitalization and Intensive Outpatient program for the past few years.

Miranda will work with any individual that is wanting to navigate through their past, present and future circumstances. She believes it is possible to change even the things that seem impossible. Miranda likes to describe her job as someone who is a co-collaborator in searching through your life's puzzle and putting pieces together that helps create a sense of understanding and ownership over one's life. By seeing individuals be able to label their experiences, effectively process their past, and be given better life tools, she is confident that this is an outlet that will be able to help you find freedom and a renewal of your spirit.