Jessica York-Franco, M.A.
LICENSED PROFESSIONAL COUNSELOR

How long have you worked at CCOEA?
5 years.

Tell us about your education.
B.A. Psychology New Mexico State University 1998
M.A. Counseling Webster University 2001

Tell us a little bit about where you have worked during your career.
I have worked in a variety of settings to include non-profit organizations, outpatient settings, and private practice. I have diverse experience providing treatment to children, adolescents, adults, older adults, couples, and families.

What areas are you interested in?
I am certified as an anger resolution therapist and my areas of interest are in pain management and disorders related to anxiety and depression. I have training and experience utilizing Cognitive Behavior Therapy techniques and approaches.

What are your words to live by?
"Everything can be taken from a man but one thing: the last of human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way. Forces beyond your control can take away everything you possess except one thing, your freedom to choose how you will respond to the situation."
-- Viktor E. Frankl

"Faith is taking the first step even when you don't see the whole staircase."
-- Martin Luther King, Jr

What do you like about working at CCOEA?
I think one of the most beneficial components at CCOEA is being able to utilize resources such as art, play therapy, and sand tray therapy for treatment modalities. In addition to the eclectic individual therapy approaches and diverse experience that our therapists have to offer, clients can also partake in group therapy.

CCOEA offers a weekly therapist staff meeting that includes trainings, continuing education, support, encouragement, and exposure to additional counseling strategies. Additionally, CCOEA has become an accredited cite that assists with tuition reimbursement for therapists through the National Health Service Corps (NHSC). CCOEA promotes professional development and has been an advantageous resource in establishing a positive learning and working environment for me.

What is your approach working with clients?
The counseling relationship is based on open and honest communication and trust. Usually a negative belief system, fear, and low self-esteem prevent progress towards achieving functional restoration and moving forward towards our goals. My personal philosophy is that development comes from within. I believe in the power of change through intervention, acceptance, and desire for growth.

Why did you decide to be a counselor?
Growing up, I discovered that it felt natural to engage in the role of being the supporter, listener, and encourager. I felt that counseling was an avenue to engage in the rewarding attributes that helped me best connect with others on a personal level.