



Jemar Holmes, B.S., QMHP-A

I received my Bachelor of Science in Psychology from the University of Phoenix in June 2018. I am currently enrolled in their Clinical Mental Health Counseling program with a scheduled graduation date of June 2021. I enjoy working collaboratively with adults, adolescents and families. I have experience utilizing Cognitive Behavioral, Person Centered and Gestalt techniques as well as developing interventions for a broad spectrum of client's based on their desired goals. I have additional experience with depression, PTSD, intellectual disabilities and substance abuse. My approach focuses on identifying the clients' needs from most to least severe and developing a full spectrum approach while at the same time empowering the client through skill building and reinforcement and effective psycho-education.