



Jessica Powell, M.S., Resident in Counseling

Jessica is a Resident in Counseling who earned a Bachelor's degree in Psychology in 2016 and a Master's degree in Clinical Mental Health Counseling in 2018, both from the University of Arkansas. Jessica has experience working with children, adolescents, adults, and families in a variety of settings including school, group home, and outpatient clinics. She utilizes a Person-Centered Theoretical Approach, while using many interventions from CBT as well as Mindfulness techniques. Jessica's background includes providing individual therapy, leading psycho education groups and serving on a crisis stabilization team. Her goal is to work collaboratively with each client to develop a treatment plan and goals which meet the client's needs and facilitate personal growth throughout the therapeutic relationship. In her free time, she enjoys exploring the outdoors with her dog, cooking, reading, and spending time with her friends and husband.