CROSSWINDS COUNSELING

Meet Your School Counselor



Marquita Phillips, MS

Master's Level Therapist

Please send consents to:
marquita.phillips@crosswinds.org

Scan the QR code to learn more about in-school counseling.

Degrees & Accreditations:

- Masters In Psychology (MS)

Therapeutic Focus Areas:

ADD, ADHD, Anger Management, Anxiety, Autism, Depression, Gender Specific Issues (such as the of impact puberty, stress, self-esteem, etc and how they can manifest and present differently in boys and girls), and Life & Social Adjustment

My treatment approaches include Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Essential 8 for living.

A Word From Marquita:

"First and foremost, I will listen. Feelings are valid. Believing their feelings matter will help your child gain the courage and confidence to work through them. I will model the strategies your kid needs to succeed. Then they practice. I will cheer them on every step of the way. When working with children I take a 'Do for. Do with. Cheer on.' approach.

Kids are my passion. In sessions, I often utilize CBT, DBT, and Essential 8 for living. I've worked with kids of all ages in schools, individual counseling, and group settings. I have experience working with autism and anger management. Sessions are tailored to the needs of the child. I want each child to reach their maximum potential."

If you have any questions regarding your school counselor, please contact Director of Operations Rachel Bowers at **260-702-3806** or email **rachel.bowers@crosswinds.org**.