

YOUR THERAPIST

Helping clients eliminate behaviors that lead to self-defeating or societal-defeating consequences is Kimberly's greatest joy. She applies complementary therapy techniques to assist clients in building a comprehensive support system, rebuild their lives and uncover hidden potential. Her greatest fulfillment comes from helping clients deal with negative perceptions that hinder the ability to live a productive, fulfilling, and meaningful life.

CONTACT INFORMATION

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Loving Yourself Well
Counseling Center

Moving Beyond The Pain
BRINGING LIGHT, COURAGE AND HOPE



WE ACCEPT
MOST
INSURANCE PLANS

Office Hours

Monday	10AM - 5PM
Tuesday	10AM - 5PM
Wednesday	10AM - 5PM
Thursday	10AM - 5PM
Friday	10AM - 5PM
Saturday	CLOSED
Sunday	CLOSED

MENTAL HEALTH SERVICE

ADOLESCENTS

ADULTS

COUPLES

FAMILY

TEENS

Kimberly Pearson
CEO & CLINICAL DIRECTOR

About Us

Loving Yourself Well Counseling was born from a desire to empower others to live an authentic and fulfilled life. Located in the southern sector of Dallas, Texas, we serve adults, children, couples, and families and offer in-person, virtual group, and individual sessions for Texas-based clients. We can help you heal your body, mind, and relationships with others by applying complementary therapy approaches and techniques. Every day, we look for new ways to guide you towards a place of inner peace, self-discovery, and lasting success.



Clinical Care

Work one-on-one with a master's level therapist in a safe, caring, and confidential environment. Our goal is to deliver culturally congruent counseling for a diverse population through evidence-based therapeutic intervention.

LPC-Associate Supervision

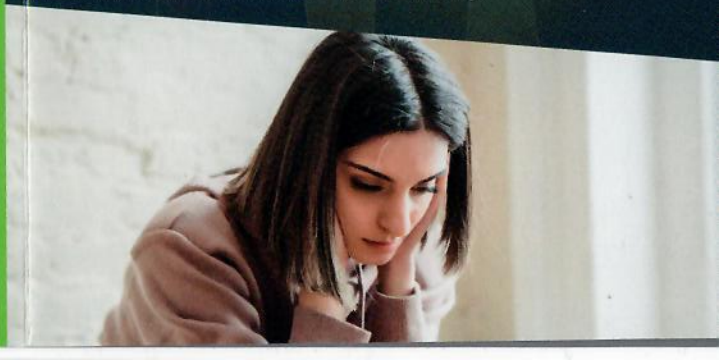
Your supervision internship experience is the next step to obtaining your professional license. It begins your professional identity and will be a life-changing experience. I am here to help and support you in your journey.

Courses and Training

Good counselors are not born. They are made. As a Counselor Educator, Kimberly Pearson combines unparalleled insight into counseling theory and experience with practical application to develop culturally congruent counselors.

Pastoral Counseling

Pastoral Counseling is different than psychotherapy. While Counselors provide similar services, Pastors integrate spirituality, faith, and theology with psychotherapy to help people seeking assistance with inner personal and relationship issues. Pastors can effectively address the daily life struggles that negatively impact one's mental health issues effectively.



COMMON ISSUES

- STRESS
- DEPRESSION
- ANXIETY
- RELATIONSHIP
- ALCOHOL & DRUGS
- CAREER TRANSITION
- WORKPLACE CONFLICT
- BEHAVIORAL & CONDUCT
- DOMESTIC VIOLENCE
- TRAUMA
- SEXUAL ASSAULT
- SELF ESTEEM
- GRIEF



RESET
• INTERVENTION •

GET TRAINED

Training for clergy, lay-counselors and professional counselors who are seeking evidenced based and culturally congruent intervention methods.

Creating Cognitive Shifts Through Psychotherapy and Scripture

