

# Christopher Cobb

## Licensed Professional Counselor

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### Professional Disclosure Statement

I am a Masters level psychotherapist practicing as a Licensed Professional Counselor in Georgia (license number LPC004466). My licensure is governed through the Georgia Secretary of State's Office and requires me to obtain 40 hours of continuing education every two year prior to licensure renewal. For any questions regarding Georgia law and licensure procedures are directed to the Georgia Secretary of State at <http://sos.georgia.gov/plb/> online.

I began my preparations as a psychotherapist through an educational background that includes these undergraduate and graduate degrees: Alabama Christian College, AA-Religion, 1977; The University of Georgia, BBA, 1984; and Argosy University, MA - Counseling, 2002. As part of my master's curriculum, I completed an internship where I received my clinical training from Metro Atlanta Recovery Residence (MARR), Men's Center Professional Recovery Program, in Doraville, GA, from September 2001 through September 2002.

My clinical experience and professional training allows me to provide therapy in the following areas: addiction and recovery, codependency and recovery, self-esteem issues, marital issues, intimacy issues (attachment and avoidance), anxiety, depression, PTSD and other trauma, and individuals and couples in major transition. I refer clients to other therapists with specialties in children and adolescent issues, eating disorders, perpetrators of incest and domestic violence, learning disabilities, adoptive families, career counseling, psychiatric and psychological testing, and severe mental health therapy and recovery.

In therapy, I focus on the individual's relationship with themselves first, then their relationship with others. I help clients understand how they developed their self-image, ineffective coping skills, and their anxieties/avoidance of attachment and how these issues influence current interactions with others. I conceptualize the client's therapeutic issues utilizing psychodynamic and attachment theories. My pervasive philosophy regarding marriage and family therapy is to focus on strengthening the individuals, then improve the marriage or family relationship.

I offer several settings of psychotherapy as of way of service to the community. I also offer couples counseling, interventions with family suffering with drug and alcohol abuse, group therapy, educational and inspirational lectures, psychotherapeutic training, writing, and blogging.

