

Jessica Ridgway
Licensed Professional Counselor

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I have been in the mental health field for over 15 years while earning a master's degree in mental health counseling and am currently completing a doctorate degree in Psychology. I am easily approachable, friendly, and respectful to all which creates a comfortable, trustworthy, and non-judgmental environment. I believe building a relationship with a client is most important prior to commencing formal therapy. My sense of humor and genuine care for others allows for such rapport. I am hands-on with solution-focused approaches which provide tools for accomplishing people's goals.

I utilize various therapies depending upon which is most appropriate for people's needs since every person's situation is unique. I am sensitive to understanding different fears and anxieties that can be present during the therapeutic process and work to alleviate these as soon as possible.

I enjoy being a positive aspect in people's lives to assist in facing challenges and guiding people on how to enjoy a better quality of life. I love animals, making people laugh, and value my family and friends.