

LifeTrek

Psychological &
Academic Solutions

Psychological – Academic – Neuropsychological – Health – Consultation

AMANDA BARROW, PhD
Doctorate in Counseling Psychology
Under Supervision of Drs. Everett and Coats

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Psychological & Academic Services for Youth & Adults



Amanda Barrow, Ph.D. recently earned her doctorate in Counseling Psychology from the University of Texas at Austin. Dr. Barrow completed her internship at the University of Houston's Counseling and Psychological Services Center, and she has over 5 years of training and experience providing assessment and therapy services to individuals of a wide age range. Areas of service offered by Dr. Barrow include:

Assessment

- Personality/Psychological
- Psycho-educational/ADHD
- Neuropsychological

Counseling

- Individual Therapy - Cognitive & Interpersonal Focus

Areas of interest include:

- Depression
 - Anxiety
 - Grief and Mourning Support/Resolution
 - Stress Management
 - Anger Management
 - Self-Injurious Behaviors
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- Group Therapy
 - General Psychotherapy Groups
 - Support Groups (e.g. Grief, Chronic Illness)

Dr. Barrow looks forward to exploring how LifeTrek can help individuals achieve their optimal well-being! Call **832-328-0008** to contact Dr. Barrow or to schedule an initial evaluation.