

# DOUGLAS W. BARNES, MA, LPC

## LICENSED PROFESSIONAL COUNSELOR & LIFE COACH

Doug has been a Licensed Professional Counselor for over 10 years. His experience includes individual, marriage, family and group therapy. He has worked with New Life Ministries and the Every Man's Battle Workshop for over 8 years. Through many personal experiences, he believes that true healing comes through a relationship with Jesus Christ while addressing the underlying issues and outward behaviors. The major focus of his practice is in the area of addictions, primarily chemical and sexual addictions.

Specializing in Sexual Addiction, Doug works primarily with men but also with wives and support systems in a holistic approach. Discovery in working through the guilt, shame, lies and wounding which often accompany the addictive behaviors provides new insights and awareness of behavioral origins. Clients begin with individual sessions then transition to the group format for ongoing accountability.

In a coaching relationship, Doug prefers a cognitive approach as a therapeutic intervention, relying on a solution focused modality. The goal is to move the client beyond their barriers to personal or professional growth. Challenging their current expectations, new insight often produces an ever-changing awareness, thus creating new behaviors for a more fulfilling life.



*Individual, marriage, family and  
group Christian counseling*

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### Memberships:

- Licensed by Texas State Board of Examiners of Professional Counselors
- Member of the American Association of Christian Counselors
- Member of the American Counseling Association
- Member of the New Life Ministries Counselor Network