ALLYSON PATTERSON, M.Ed., CSC, LPC

LICENSED PROFESSIONAL COUNSELOR | COURT-INVOLVED FAMILY THERAPIST

Owner, Hope Springs Counseling & Consulting, PLLC
Specializing in OCD, Anxiety, Trauma, and High-Conflict Families

PROFESSIONAL PROFILE

Licensed Professional Counselor with a background in clinical mental health counseling, public education, special education, and court-involved family therapy. Brings 15 years of public education experience and clinical experience providing individual, group, and family therapy. Clinical areas of focus include obsessive-compulsive disorder (OCD), anxiety, trauma, and high-conflict family dynamics. Experienced in working with children, adolescents, parents, and families navigating complex relational challenges and family transitions.

Has testified in court on multiple occasions in the capacity of treating therapist and has received subpoenas in connection with clinical work. Committed to professional boundaries, objective clinical documentation, and clear distinctions between therapeutic treatment and forensic evaluation.

EDUCATION

Lamar University — Master of Education (M.Ed.) in Counseling and Development, 2024

Ashford University — Clinton, Ohio
Bachelor of Arts (B.A.) in Public Relations, 2009

LICENSURE & PROFESSIONAL CREDENTIALS

- Licensed Professional Counselor (LPC), State of Texas — License No. 96224
- Certified School Counselor (CSC)
- Master Certified Life Coach

CLINICAL EXPERIENCE

HOPE SPRINGS COUNSELING & CONSULTING, PLLC — Owner | Specialized Therapist

March 2025 – Present

- Own and operate a counseling practice providing specialized therapeutic services.
- Provide individual therapy, family therapy, and parent consultations.
- Specialize in OCD, anxiety, trauma, and high-conflict family dynamics.
- Support children, parents, and families navigating complex relational challenges and court-involved circumstances.
- Use evidence-informed therapeutic approaches tailored to individual and family treatment needs.

CHARLIE HEALTH — Intensive Outpatient Program (IOP) — Group Facilitator | Individual Therapist | Family Therapist

November 2024 – November 2025

- Facilitated therapeutic groups in an intensive outpatient treatment setting.
- Provided individual therapy to clients participating in intensive outpatient care.
- Provided family therapy to support family functioning and treatment goals.

HEALING COUNSELING CENTER — Individual Therapist

October 2024 – April 2025

- Provided individual counseling services.
- Supported clients in addressing clinical concerns and developing individualized treatment goals.

COURT-RELATED CLINICAL EXPERIENCE

- Testified in court on multiple occasions in the capacity of treating therapist.
- Received subpoenas in connection with clinical work.

- Provided treatment-related clinical information within the scope of the treating therapist role.
- Maintained the distinction between therapeutic treatment, clinical observations, and forensic evaluation.

PUBLIC EDUCATION EXPERIENCE

KATY INDEPENDENT SCHOOL DISTRICT (KATY ISD) — Katy, Texas

Public Educator | 15 Years

- Served as a public educator for 15 years.
- Taught mathematics and science.
- Worked with students with diverse educational, developmental, and learning needs.
- Held certifications in general education, special education, English as a Second Language, and middle school mathematics.

EDUCATOR CERTIFICATIONS

- Texas Core Subjects EC–6 Generalist
- Special Education EC–12
- English as a Second Language (ESL) EC–12
- Mathematics 4–8
- Certified School Counselor (CSC)

CLINICAL SPECIALTIES & THERAPEUTIC TRAINING

OBSESSIVE-COMPULSIVE DISORDER AND ANXIETY

- Exposure and Response Prevention (ERP) Training — Cognitive Behavior Institute
- Inference-Based Cognitive Behavioral Therapy (I-CBT) Training

TRAUMA TREATMENT

- Accelerated Resolution Therapy (ART) — Certified Practitioner

ADDITIONAL CLINICAL TRAINING

- Dialectical Behavior Therapy (DBT) Training — PESI
- Internal Family Systems (IFS) Training — PESI

FAMILY AND COURT-INVOLVED TRAINING

- Advanced Training in Parent-Child Contact Problems — Association of Family and Conciliation Courts (AFCC)
- Fundamentals of Parent Coordination — AFCC
- Child Custody Mediation Family Violence Training — Texas Council on Family Violence (TCFV)

PROFESSIONAL DEVELOPMENT & CONFERENCE ATTENDANCE

Scared of the Courthouse? Preparing for the Witness Stand
North Texas Families in Transition (NTXFIT) — McKinney, Texas | October 30, 2026

Texas AFCC–AAML Biennial Conference: Innovations in Child Custody
Texas Association of Family and Conciliation Courts and American Academy of Matrimonial Lawyers — Austin, Texas | September 24–25, 2026

PROFESSIONAL AFFILIATIONS

- Texas Association of Family and Conciliation Courts (TXAFCC) — Member
- Association of Family and Conciliation Courts (AFCC) — Member
- Texas Council on Family Violence (TCFV) — Member