

**Laura Bryan, M.Ed., LPCA** is a Licensed Professional Counselor Associate at Wilson Counseling, LLC. Responsible for providing therapeutic interventions for individuals, couples, families and groups. Laura has over twenty years of experience as an educational and health care professional. Laura worked in various clinical and educational settings including public and private schools, community mental health centers, outpatient facilities and private practice.

Laura holds a BA in Education from Lamar University, a MS in Education and Reading from the University of Houston, a MS in Clinical Mental Health Counseling from Lamar University and is currently pursuing a Doctorate in Counseling and Psychological Studies.

Laura's passion is to help others create more fulfilling lives and relationships through personal growth and positive change. Her approach is compassionate, direct, and nonjudgmental. Laura thoughtfully customizes her treatment approach to the individual needs, wants and life circumstances using a combination of effective and evidenced-based therapy, including Cognitive-Behavioral Therapy and Brief Solution Focused Therapy. She specializes in anxiety, depression, family and marriage dynamics and addiction.