

Sheep Gate Christian Counseling was founded by **Shyrielane A. Watson** in response to the growing need for mental health practitioners to be able to address the spiritual needs of the people they encounter in psychotherapy. Shyrielane has been a Christian for over twenty-seven years and knows firsthand how faith in Christ can increase personal courage and provide hope during difficult and stressful times. Shyrielane's heart is to provide a safe place for people to talk about their personal issues and concerns despite their race, ethnicity, gender, denominational background or religious affiliation. Her desire is to help people gain the courage necessary to rid themselves of "false selves" and present their "true self" to God who desires real relationship with them.

Shyrielane's **way of understanding** a person is both biblical and psychodynamic. Her **way of being** with an individual is person-centered and Christ-like, and her **way of intervening** is spiritual and cognitive-behavioral. Every psychological approach that Shyrielane employs is filtered through the word of God and she is always mindful that each person she counsels is uniquely created by God. With over 10 years of experience in both secular and Christian settings, Shyrielane has worked with domestic violence victims and their children, batterers, severely mentally ill persons, substance abusing individuals as well as those with co-occurring substance abuse and mental illness. Her experience also includes providing individual, couples, group, family, and marital therapy addressing issues such as depression, anxiety, anger, grief, infidelity, divorce, parenting and self-esteem issues.

Shyrielane is a Licensed Clinical Professional Counselor (LCPC) in the state of Maryland and has a Certificate in Advanced Studies (CAS) in Pastoral Counseling from Loyola College in Maryland. She also has a Master's Degree in Counseling from Regent University in Virginia Beach, VA. She has some training

in biblical studies from both Regent University and Providence Bible College in Norfolk, VA. Shyrielane is a member of the American Counseling Association (ACA), the American Association of Christian Counselors (AACC) and holds the National Counselor Certification (NCC) through the National Board of Certified Counselors (NBCC). She has taught Christian Development classes to church congregants as well as provided spiritual direction for new converts. She currently works with the Alpha ministry at her church.