

Counselor

Jordan Meier, MA, LLPC has over 10 years of clinical experience working with adolescents, adults, couples and families, to help them navigate their unique path towards promoting growth and healing, in a safe and spiritual, therapeutic environment. Jordan received a Master of Arts in Counseling and also a Bachelor of Arts in Psychology, from Oakland University in Rochester, Michigan. Jordan will help her clients understand that counseling is a process and change does not occur overnight, therefore; it is beneficial for a struggling individual or couple, to seek professional help, as soon as the problem presents itself. Jordan is passionate about helping her clients achieve their goals and utilizes a holistic approach, which focuses on the natural rhythm and flow between the mind, body and soul. Jordan wholeheartedly believes, that the best chance for receiving the desired outcome, is by building a strong client/therapist rapport in the office, allowing themselves to be fully transparent, accountable for their actions and genuinely committed to the process.

Jordan's advanced trainings include:

Gottman Level II Certification, which provides each couple with a thorough assessment and specific treatment plan, in order to maximize the progress necessary to repair their broken bonds, enhance intimacy and create shared meaning within their marriage or partnership. While utilizing this evidence based method, the couple will be able to identify, process and manage their marital issues while problem solving, how to successfully sustain a healthier, more meaningful relationship.

Jordan is a **Certified Crisis Intervention Counselor**, that has extensive experience in handling delicate situations associated with personal trauma, grief and loss. Jordan has assisted in multiple suicide prevention scenarios, by collaborating with emergency professionals, to help guide the distressed individual to safety and removing them from imminent danger by determining the individual's suicidal intent and plan and ultimately deter them from completion.

Jordan may also utilize her experience as a **Certified Family Psycho-Education Facilitator** to educate and help each family member identify which behaviors and patterns may be preventing them from achieving a healthy family dynamic. Once the family has a clear understanding of how to work together and solve these problems, they will be able to move forward as the strong family unit, that the members desire.

Jordan will meet the client exactly where they are at, by integrating humanistic and psychodynamic approaches, to help them peel back the layers and discover what obstacles, including themselves, may be getting in the way of maximizing their true identity and maintaining healthy relationships. Although Jordan is qualified to address a variety of challenges, she is most interested in treating relationship issues between motivated individuals, couples and families. As a counselor that has a strong relationship with God, Jordan will provide

the client with a biblical option to create a healthy, spiritual framework, while incorporating the principles of the Bible and the genuine benefits of prayer, when necessary.

Professional Qualifications:

Master of Arts in Counseling from Oakland University
Bachelor of Arts in Psychology from Oakland University
Certified Level II Trained Gottman Counselor
Certified Crisis Intervention Counselor
Certified Family Psycho-Education Facilitator

Jordan's counseling experience includes:

Addiction
Anger Management
Antisocial Personality Disorder
Anxiety & Panic Attacks
Bipolar Disorder
Boundaries
Borderline Personality Disorder
Christian Counseling
Co-dependency
Conflict Resolution
Coping Mechanisms
Couples & Partners
Court-Ordered
Crisis Intervention
Depression
Dissociative Disorders
Divorce & Separation
Domestic Violence
Eating Disorders
Family Counseling
Family Psycho-Education
Grief & Loss
Groups
Impulse Control
Infidelity
Marriage Counseling
Mindfulness Techniques
Mood Disorders
Obsessive Compulsive Disorder
Post Traumatic Stress Disorder

Phobias
Premarital Counseling
Relationships
Schizophrenia
Self-Esteem (Self-Worth & Self-Image)
Self-Harming Behaviors
Sex Therapy
Sexual Abuse & Assault
Spirituality
Suicidal Ideation
Stress Management
Trauma
Women's Issues

Professional Affiliations:

American Association of Christian Counselors (AACC)
American Psychotherapy Association (APA)
Michigan Counseling Association (MCA)
Michigan Mental Health Counselors Association (MMHCA)