



## **Gus K. Hopson, LLP, LPC**

*Therapist*

Office | 616.988.3433

Fax | 313.899.7087

Email | [gus@grcounseling.com](mailto:gus@grcounseling.com)

### **PRIMARY PRACTICE AREAS:**

- Alternatives to Violence
- Addiction | Substances of abuse
- Short-Term Crisis Intervention
- Prison Re-entry and Re-adjustment
- Veterans

### **LICENSURE & CERTIFICATIONS**

- Professional counseling license number is: 6401007100 and can be viewed and verified using the following link: <https://w2.lara.state.mi.us/VAL/License/Search>
- Limited psychologist license number is: 6301005531 and can be viewed and verified using the following link: <https://w2.lara.state.mi.us/VAL/License/Search>

### **THERAPEUTIC PHILOSOPHY**

If you choose to schedule an appointment with me you can expect a welcoming, comfortable, and non-judgmental atmosphere. Many of us face situations which require additional support and direction, and I am here to do that for my clients in a genuine, empathetic, and therapeutic way. I provide the opportunity for my clients to achieve the goals they set and identify any road blocks or barriers that may be in their way. I utilize behavior counseling techniques and short term crisis intervention strategies to facilitate cognitive, emotional, and behavioral changes in the self-defeating patterns of individuals. Additionally, when it comes to families, I train parents to use basic Behavior Counseling Techniques, Crisis Intervention Techniques, and Family Wellness Techniques to assist in the goals they set forth. I model these techniques with my clients, coach clients to use them, and give them opportunities to practice them. Self-awareness is a primary objective and I utilize a variety of skill-building and process based techniques deriving from Cognitive Behavioral, Adlerian & Reality therapies to help my clients achieve their self-determined goals.

### **ABOUT ME**

I earned a Bachelor's Degree in Sociology and History from Western Michigan University and Masters of Arts from Michigan State University. I am a certified Limited License Psychologist and a Licensed Professional Counselor. I am also a former adjunct teaching instructor at Aquinas College, and a certified Secondary Education Teacher and Counselor. I have worked in variety of settings from mental health agencies to inpatient hospitals and schools. I also work as an independent contractor providing contractor services to human service organizations, education institutions, religious organizations, criminal justice system. My areas of expertise include psychological assessments and evaluations, African American students, as well as working with veterans and men and women retuning from incarceration or deployment. I excel in areas of Individuals Counseling, Family and Couples Counseling.

### **INSPIRATIONAL QUOTES**

- "It isn't the pain and it isn't the shame that stings like a white hot brand, it is coming to know what we never knew why...and never did quite understand."