

Christopher Jones

Licensed Marriage & Family Therapist

408.608.7230

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www.cjonessmft.com

Specializing in Counseling of Teens, Adolescents and Young Adults



Christopher Jones is a Licensed Marriage and Family Therapist specializing in teens, adolescents and young adults as well working with individuals, couples & families. He is currently serving as a private practitioner working with a broad spectrum of clients in San Jose, CA.

Chris has been a therapist for over eight years and an academic counselor for more than fourteen years. He takes pride in working as an advocate for teens and young adults. A lot happens during the teenage years and preparing to become an adult means greater responsibility and that can be a struggle. Dealing with issues such as academic pressures, managing emotions like depression, anxiety, anger, and learning how to be in relationships are significant issues that teenagers face. Chris wants to help alleviate these stressors to build ways to cope and to develop a healthy self-esteem.

Here are several issues he deals with regularly:

- Anxiety / Depression
- Relationships
- Academic Pressure
- Coping with Change
- Family Struggles
- Divorce

Coping through any of life's transitions can be very stressful. Healing through these experiences can be helped through therapy. As a therapist he wants to join that process in a non judgmental and nurturing path so you can learn to be the person that you want to be. You will work together to build a relationship so whatever goals that need to be addressed can be faced with empathy.

With compassion and understanding, he works with each individual to help them build on their strengths and attain the personal growth they are committed to accomplishing.

Education:

M.A. Counseling Psychology (Marriage and Family Therapy Track) with a Career Development Emphasis

B.S. Political Science, Minor in Business

License, Certifications:

Licensed Marriage & Family Therapist #78614

Professional Activities and Memberships:

CAMFT -- California Association of Marriage & Family Therapists

Please contact Chris at 408.608.7230 to schedule an appointment, ask questions or to find out more about him. Chris is able to meet with you in person or via phone. His office is located at 1210 S. Bascom Ave., Ste 114, San Jose, CA 95128.