

Anita Lightfoot, Licensed
Professional Counselor

Anita is a Licensed Professional Counselor who obtained her Master's Degree in Clinical Mental Health Counseling from St. Mary's University in San Antonio after retiring from the United States Air Force in 2012. She received practical experience in the counseling field through internships with the Air Force's Alcohol, Drug and Abuse Prevention and Treatment Program as well as through private practice in East San Antonio and residential substance abuse treatment in the Texas Hill Country. She has worked with individuals, couples and families using cognitive behavior therapy and psychoeducation to enhance awareness of unhealthy emotions and behaviors that negatively affect their lives. Anita takes an existential approach to therapy, in that, she believes we are all endowed with an inner strength that can propel us to greater heights, no matter how difficult our circumstances, if we only tap into the source of that power. Her goal is to affect change in her community by helping to promote a better tomorrow for those who are suffering and willing to work for change.