



Counseling Psychologist and Published Author

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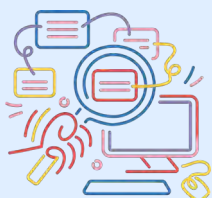
Please describe the area of psychology you practice. For example, what does your day-to-day schedule look like?

I am a counseling psychologist and became a published author a year ago. I founded an organization to provide awareness and counseling services to Christians and African immigrant populations. My day-to-day schedule varies with activities including seeing clients for individual or couples counseling, attending meetings since I am on a few mental health committees, marketing my practice and my book, doing research and meeting with ongoing and potential partners, writing, and doing other administrative tasks.

Were there specific factors that led you to choose this area of psychology? Was there a critical moment that changed your career trajectory?

My career path is not one that I would have envisioned while going through graduate school. I thought I would work for an agency to help repay my student loans and then sometime in my later years, I would start a private practice. However, my journey has been informative in showing me who I am and how I work best. I started out in college counseling for my internship and my post-doctoral year while also starting a blog on mental health, faith, and African culture. Then, I joined a group practice where I primarily worked with adults for the next two years. During these first 4 years of being in the field, I learned that I have multiple interests and avenues I want to explore, and I enjoy being creative in how I use my skills, and I work best when I have more autonomy. So, I decided to start a private practice with the hopes to work with African immigrant populations and I took a job working for a geriatric rehab facility – two of my interests, African immigrant mental health and older adult mental health. After 2 years of being with the geriatric facility, I decided to go full-time with my business with the

hopes of using it to provide various services. I still have multiple interests I want to explore including doing research on African immigrant mental health, writing more books, and doing podcasting. But for now, I am focusing on building my caseload to a consistent number that I can maintain.



What advice would you give to an ECP who wants to pursue a position or additional training opportunities in this area of psychology?

I love theologian Frederick Buechner's quote on purpose and vocation which says the kind of work God calls you to do is "*The place where your deep gladness and the world's deep hunger meet.*" I found this to be true for me. The times when I have been most satisfied with my work are when it has brought out my authentic self and when I have found meaning in why I am doing it. My advice is to know yourself and reject the thoughts that you can't do whatever it is that you dream about doing.

Every opportunity I have said yes to has been a learning opportunity, teaching me skills and tools for the next one along with helping me learn what I enjoy or not. So, I would suggest using every opportunity to learn more about yourself. I also realized that I have had to grow to be the person that can accomplish the dreams I envision. This has meant reading books and taking classes, some outside of psychology to learn those skills, reaching out to people who are doing what I hope to do, and seeking advice from others. I would advise anyone is to never stop learning, be curious about what you don't know, say yes to the opportunities that peek your interests, and find avenues to stretch yourself. Lastly, it is always important to have people in your corner; having peers and mentors are always a good idea.



Contact Us: earlycareer@apa.org

For further resources, please check out our [ECP website](#).