

Karen Douglas, M.S., LPC

Counselor

Karen Douglas is a 2001 graduate of ACU's Counseling Psychology program and a Licensed Professional Counselor in the state of Texas. Karen joined ACU in 2014. She employs a solution-focused and cognitive-behavioral approach and works with clients dealing with a broad range of mental health concerns, including anxiety, depression, relationships, and cultural identity. Karen



has a passion for helping others recognize and live into their inherent worth and capabilities and discover hope for daily living. Karen enjoys reading, crosswords, and Zumba