



WHO





My name is
Chris Shade
and I am a Licensed
Professional Counselor
Associate at Redeemed
Life Counseling in
Argyle, TX.



**WHAT
DO YOU DO**





Couples Counseling

In therapy, I help couples work through their concerns, enhance communication, and rebuild the friendship that brought them together. Additionally, I offer tools to help navigate conflict where both partners feel heard and understood.



Gottman Method

My foundation is rooted in the Gottman Method where I am trained in Levels 1 and 2. This method offers practical tools to help couples improve communication, manage conflict, strengthen emotional connection, and build a healthier relationship.

Eye Movement Desensitization and Reprocessing

EMDR is used to treat trauma and distressing life experiences. It helps clients process unresolved memories using focused recall of those experiences with bilateral stimulation, which facilitates adaptive reprocessing in the brain.





EMDR

is designed to alleviate the distress associated with traumatic memories and to alleviate the symptoms and emotional distress that are the result of disturbing life experiences.



Cognitive Behavioral Therapy

For anxiety, my approach is based on Cognitive Behavioral Therapy, which helps clients understand how their thoughts, emotions, and behaviors interact by identifying unhelpful thinking patterns, building coping skills, and practicing new responses.

A photograph of a person's hands clasped together in a therapy session. The person is wearing a blue shirt and a brown jacket. In the background, a woman in a yellow top is sitting on a couch, and a window is visible. A white box with a yellow tab is overlaid on the top left of the image.

CBT

helps people identify distressing thoughts, challenge these thoughts, and change distorted thinking.

A man in a black t-shirt and blue jeans is sitting on a grey carpeted floor, leaning against a light blue wall. He has his head buried in his hands, suggesting distress or despair. In the foreground, a clear glass filled with amber liquid and ice sits on the carpet. A white rectangular box with a yellow tab at the top is positioned in the upper left, containing text.

Alcohol Use

For clients struggling with alcohol who want another option besides Alcoholics Anonymous (AA) or rehab, I offer another path using The Sinclair Method (TSM).

The Sinclair Method

(TSM) is a science-based approach to changing your relationship with alcohol using a medication called Naltrexone, which is to be taken 1 hour before drinking and blocks the reward response to alcohol in the brain. Over time, this reduces cravings and the urge to drink by weakening the desire to drink alcohol.





Naltrexone

is a non-addictive medication that blocks opioid receptors in the brain reducing the pleasurable effects of alcohol. It is commonly used to help people reduce cravings for alcohol. Combined with therapy, it is a highly effective treatment option. Naltrexone can ONLY be prescribed by a doctor.




However, one must
**“meet the
medicine halfway”**
meaning one must address
the behaviors associated with
drinking using a variety of
therapy techniques including
mindfulness, addressing
habits, goal setting, etc.



Bibliotherapy

For clients wanting to learn from books and/or workbooks, I offer bibliotherapy, an evidence-based therapeutic approach using literature to support mental health, promote psychological healing, and foster personal growth. Also, I often share audio and/or video content to support clients between sessions.

A black and white photograph showing a person's hands holding a piece of torn paper. The paper has the words "WHY ME?" written on it in a dark, hand-drawn font. The background is dark and out of focus, with some blurry shapes that suggest a crowd or a group of people. The lighting is dramatic, highlighting the hands and the paper against the dark background.

WHY ME?



Why me?

Because I meet clients where they are in life, I consider myself an **eclectic counselor** . I'll customize your therapy based on your needs. And I'm for you if you're looking for someone with a lifetime of experience supporting others through all sorts of challenges or someone who's been there, done that, and lived to tell about it.

Also, aside from counseling, I have

30 years

experience in public education.



4 years as an elementary teacher



8 years as an elementary principal



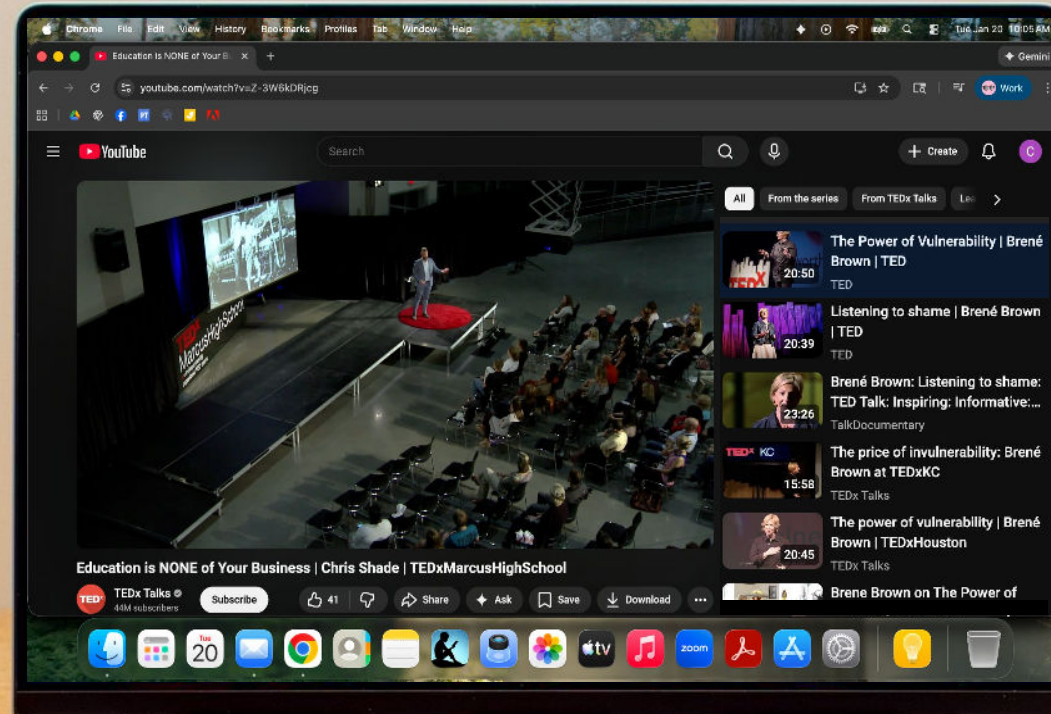
14 years as a central office administrator



20 years as a consultant & keynote speaker

TEDx Talk

In 2016, I got to give a TEDx Talk hosted by Marcus High School in Flower Mound, TX. My talk, Education Is None of Your Business, focused on how current systems of education are built around outdated priorities and serve interests other than those of students themselves, noting that treating education as a business, where success is defined by standardization, test scores, and external metrics, distorts what learning should actually accomplish for individuals and communities.





**ARE YOU
TAKING
NEW
CLIENTS?**



**YES!!!
I'M ACCEPTING
NEW CLIENTS!**

Currently, I am accepting new clients for individuals and couples 21 years and older. Sessions are available in person and on-site at Redeemed Life Counseling in Argyle, TX.



**HOW
CAN I
FIND YOU**



Find me at
**Redeemed Life
Counseling**
at 415 US-377
Suite 202, Argyle, TX
76226 or by calling
(940) 222-8552.





(469) 444-1507



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