

Whitney Owens, MA, LPC

2103 Bull Street • Savannah, GA 31401 • 912-319-5552 • whitney@watersedgecounseling.com

Areas of Specialty

- Consulting clinicians in starting and growing a private practice.
 - Help practice owners market a private pay practice.
 - Public speaking on therapeutic interventions and private practice management.
 - Educate clinicians in using the Enneagram in private practice.
 - Assistant clinicians in building a faith-based practice.
-

Education

Richmont Graduate University – Atlanta, GA
Master of Arts in Counseling, May 2010
Graduated with a GPA 3.9/4.0

University of Georgia – Athens, GA
Bachelor of Science in Family and Consumer Sciences, May 2004
Major: Child and Family Development
Graduated Cum Laude

Experience

Whitney Owens Consulting, May 2022 - present

Consulting Practice for Private Practice Owners

Faith-based Business Consultant

- Educates faith-based private practice owners on growing an ethical and successful business
- Hosts a weekly podcast called the Wise Practice Podcast
- Runs a membership community for faith-based practice owners that includes live weekly meetings

Practice of the Practice, September 2019 – April 2022

Consulting Practice for Private Practice Owners

Business Consultant

- Provide individual and group consulting services to those starting a private practice
- Help clinicians grow their practice by adding clinicians
- Assist counselors in how to integrate their faith in their counseling practice
- Have consulted hundreds of clinicians in starting, growing, and scaling a private practice

Water's Edge Counseling, January 2014 – Present

Private Practice in Savannah, Georgia

Owner and Professional Counselor

- Manage the finances and legal requirements for a counseling private practice.
- Oversee clinician's clinical work and caseload.

- See adolescents and adults for individual counseling.
- Market the practice and make connections with the professional community.

Mountainside Counseling Group, January 2012 – July 2014

Private Practice in Highlands Ranch, Colorado

Mental Health Counselor

- Meet with adolescents, adults, and families to offer treatment interventions.
- Complete evaluations, take thorough notes, create treatment goals, and offer psychoeducation.
- Market to the community through networking and offering lectures.

Highlands Behavioral Health System, September 2010 – August 2014

Psychiatric Hospital in Littleton, Colorado

Intake Clinician

- Perform face-to-face assessments with patients in crisis and offer treatment recommendations.
- Write evaluations and determine a patient's diagnosis based on symptoms.
- Coordinate patient treatment with hospital psychiatrists and nurses on the units.
- Work with mental health professionals to find best treatment options for their clients.

Highlands Behavioral Health System, November 2010 – December 2013

Partial Hospitalization Program Therapist, PRN

- Facilitate therapy groups and teach coping skills to patients facing severe mental illness, specifically depression and anxiety.
- Create treatment plans and write progress notes on the current patients.
- Assess for crisis and offer crisis management when needed.

Affiliations and Honors

- Member of the Licensed Professional Counselors Association of Georgia, September 2016 – current.
- Member of the American Counseling Association, February 2009 – current.
- Licensed Professional Counselor in Georgia, March 2016 – current.

Publications

- Quoted in Elite Daily in "How to Feel Confident at a Party When You're Overwhelmed AF, According to Experts" September 21, 2018.
- Interviewed for Connect Savannah in "Job One in College: Taking care of your mental health", September 2018.
- Quoted in the Atlanta Journal Constitution in "Feeling blue on a rainy day? You are not alone", May 16th, 2018.
- "Raising Teenagers in a Changing World" in The Skinnie, May 2018.
- Quoted in the Atlanta Journal Constitution in "How to cope with fear, sadness after the mass shooting in Las Vegas", October 3rd, 2017.
- "Five Warning Signs of Teenage Depression" in Youth Worker, October 2017.

Presentations and Teaching Experience

- Hosted and presented at a private practice owners' conference in Savannah called the Wise Practice Summit with over 70 attendees, October 2023.
- "Utilizing the Enneagram in Group Practice," Meet You in Kentucky Conference, scheduled for May 2023.
- "Faith as a Resource in Therapy," Georgia Licensed Professional Counselors Association Convention, 2023.
- "The Power of the Therapeutic Relationship," Coastal District for LPCA of Georgia, 1-hour virtual live CEU course, scheduled for January 2023.
- Co-hosted a private practice owners' summit on Jekyll Island called Faith in Practice, April 2022.
- Co-hosted a membership community for over 50 group practice owners with weekly teachings, October 2020 – April 2022.
- Co-hosted a membership community to help practice owners start and grow a group practice, March 2021 – April 2022.
- "How to Use the Enneagram in Private Practice," Richmond Graduate School, 6-hour CEU course, Nov. 2021.
- "Understanding and Utilizing the Enneagram," Cohost for a 10-hour CEU course, Sept. 2021.
- "Understanding the Enneagram in Private Practice," Georgia Licensed Professional Counselors Association Convention, 2021.
- "Starting and Growing a Group Practice," Georgia Licensed Professional Counselors Association Convention, 2021.
- Keynote speaker at Honey Lake Treatment Center's Counselors Conference, April 2021.
- "Social Distancing: Local Clinician Weighs in on Best Practices," Interview on WSAV, March 2020.
- Interviewed on WSAV news on a local tragedy involving teenagers, Jan. 2020.
- Interviewed on Family Communication for WRUU "Women on Top" in Savannah, Georgia, Jan. 2020.
- Interviewed on multiple podcasts related to private practice such as Abundance Practice Builders, The Practice of Therapy, The Therapy Show, The Therapist Experience, Growing a Group Practice, Ask a Christian Counselor, and the Practice of the Practice Podcast.
- "How to Market and Grow a Faith-based Practice," Maryland Counseling Association Conference, 2020.
- "How to Market and Grow a Faith-based Practice," Licensed Professional Counselors Association in Georgia, May 2020.
- "How to Market and Network with Churches," Killin It Camp in Estes Park, Colorado, October 2019.
- "Starting and Growing a Private Practice," Licensed Professional Counselors Association in Georgia, May 2019.
- "Helping Clients with Anxiety: Equipping Clients with Practical Tools," Licensed Professional Counselors Association in Georgia, May 2019.
- "How to Help the Troubled Teen," Presentation at the Georgia Association of Christian Schools Convention in Savannah, October 2015.
- "Navigating the Pre-Teen and Teenager Years," Parenting Seminar at Wesley Monumental UMC, April 2015.