

DFW COLD SNAP: Current Conditions | Live Radar | Check Traffic | School Delays | Share Photos | Weather App

Dallas Therapist Helps Clients Break Through Barriers

November 17, 2014 2:00 AM

Share 2 Tweet 2 Share 7 View Comments



(credit: Thinkstock)

Related Tags: Career, Careers, Cross Talk Magazine, Education, Employment, job, Jobs, Let's Get To Work, Let's Get To Work Dallas, Pamela Bolen, Robin D. Everson

Pamela Bolen's expertise is working with children, teenagers and adults in crisis. She treats clients that are battling addictions like alcohol, drugs, pornography and sex. She gets to the root of phobias and other issues by utilizing her skill as a board certified clinical hypnotherapist.



(Photo Courtesy of Pamela Bolen)

Bolen went to school on a drama scholarship. When she changed her major to psychology, her scholarship went away, and her friends' parents and members of her church told her that she was making a big mistake. They told her that she couldn't make any money with a psychology degree and that she wouldn't be able to support herself. She didn't care.

"I felt so strongly that I wanted to pursue this that the financial end wasn't a concern," said Bolen, who finished her bachelor's degree in psychology from Texas Wesleyan University in two and a half years by taking extra courses.

When she applied for graduate school at the age of 20, she was told she was too young and possibly too immature for the program. Blessed with some professors who fought for her, Bolen was accepted into a program. She earned her master's in Psychology from Texas Woman's University.

As a single woman at the tender age of 21, she opened her private practice in counseling. Bolen loves working with teenagers because they are the most direct and honest.

For a few years, Bolen worked at the John Peter Smith Hospital in the emergency room evaluating patients with mental health issues. She also was a psychology instructor at Tarrant County College; counseled patients at Millwood Hospital and Charter Hospital, and a writer for "Cross Talk" Magazine.

Bolen has been married for 29 years, has three children and proudly survived their teenage years.

Currently, in her private practice another one of Bolen's specialties is hypnotherapy for sports enhancement. From professional golfers, to cheerleaders, to children, Bolen helps them overcome blocks so that they can perform their best.

"I knew that I had to get a master's degree in order to be able to do what I wanted to do," said Bolen. "It is very important to do internships. They will give you experience in the field you want to be in and possibly a job."

In regards to working and returning to school, Bolen said, "Just stick with it. Make a commitment to fit your lifestyle. Even if it is one class a semester, just do it because it is one class that you didn't have before. You can go back to school for five years and have a degree, or you can let those five years pass and not have a degree."

Robin D. Everson is a native Chicagoan who resides in Dallas, Texas. Her appreciation for art, food, wine, people and places has helped her become a well-respected journalist. A life-long lover of education, Robin seeks to learn and enlighten others about culture. You can find her work at Examiner.com

More stories about Fort Worth from Examiner.com



LL Cool J, Run DMC scheduled to perform at 'Christmas in Brooklyn'



Remaining humble in a pride-filled world

Bible Study: Genesis chapters 16, 17, and 18 Write for CBS Fort Worth! Become an Examiner

More In Roanoke

Advertisement

(1) Weird Trick to KILL Teeth Stains	New Rule In Roanoke, TX	Wrinkle Trick Horrifies Surgeons	Controversy Over Steroid Alternative	9 People You Won't Believe Exist

Share 2 Tweet 2 Share 7 View Comments

FROM AROUND THE WEB

This Hoodie Is So Insanely Popular In Dallas This Fall, There Might Not Be Enough To Meet Demand (Business Insider)

3 Couples Take the Ford Expedition on an Epic Adventure in Oregon (Ford Expedition)

Watch: Four Women Try a Wilderness Paddleboarding Trip on the Great Lakes (Ford Expedition)

Abandoned Paris Home Was Left Un-Touched For 70 Years Wait Till You See What Was Inside (BoredLion)

Dead Grass Outside Daughters' Window Leads Dad to Disturbing Discovery (Stirring Daily)

Why are so many Koreans named Kim? (The Economist)

WE RECOMMEND

- Royalton Drive 2
- Rumors Of Violence Raise Concerns At Irving High School
- Dallas Hunting Club May Cancel Endangered Rhino Hunt
- Affluenza Teen Being Released From Texas Rehab
- Trending in Ben: Duck Hunt
- Man Hides From Police In Beer Cooler

This Week's Circulars

HOVER FOR CIRCULAR	HOVER FOR CIRCULAR	HOVER FOR CIRCULAR

0 Comments CBS DFW Login

Sort by Newest Share Favorite

Start the discussion...

Be the first to comment

Subscribe Add Disqus to your site Privacy DISQUS

The All New CBSLOCAL App
Your Local News, Sports, Weather & Traffic On The Go
Download Now

CBS DFW WEATHER
Available on the App Store
ANDROID APP ON Google play

WATCH IT LIVE
WATCH IT LATER
CBS ALL ACCESS! Try 1 Week FREE

Pump Patrol