

Debbie Harris

License Professional Counselor

Over the past decade, Debbie Harris has become a dynamic force in psychotherapy and community service, founding her work on the simple credo, "If it's broke, I try my very best at fixing it." She has made major inroads in areas spanning one-on-one and family work, televised support programming, impactful self-help literature, assisting the several mentally ill, improving school performance and always seeking out new ways to help the greater community.

As a psychotherapist her approach is distinct. Rather than have individuals and families come to what may be seen as a sterile office, she reaches out to them in their home environments, thus meeting their needs. She is able to see how they live and determine with far more acuity how best to help them live the quality of life they seek. Due to her level of commitment and engagement, improvement is often seen rather swiftly, which is why she is choosing care patrol as a part of her next journey.

What is in many ways a career capstone, Counselor 911 was established in 2008 as a nonprofit and for profit counseling organization. As the CEO, visionary, creator, producer and talent for Counselor 911, Debbie launched Counselor 911 media organization in 2011 and signed a contract with Caribbean Media Corporation in 2012, completing 18 + shows in 2012 – 2014. Debbie organized the show concept, developed the logo, developed the website (counselor911.com), administered the budget, and has been responsible for script writing, director of casting, production crew, organize meetings, and scheduling guests. To make sure there was optimum outreach, she also collaborated with community leaders, NFL players, and other professionals as well as law enforcement to help address the specific needs of the community. As a television producer and television host, Debbie has worked extensively developing, researching and creating shows that are related to mental health issues and other health related topics for 22 countries in the Caribbean and 3 states in the US (New York, New Jersey and Connecticut). Debbie also published her book Mind, Body, Soul, Spirit in 2013 which has been termed by Psychology Today as "remarkably, one of the best mental health resources." She also founded a nonprofit organization in 2008 to help individuals with mental health issues that could not afford counseling, which is an area she wants to continue to pursue in the years to come.

Her career path to this point has been as varied as it has been successful. Spending years providing group and individual counseling for chronically ill patients, she approached her work with a resolute passion that her clients would improve. As a triage clinician, she meticulously collected information about clients and performed tests to evaluate their mental health needs and intellectual deficiencies. Case plans were developed with clinical care, combining data from interview notes, test scores, and other reference material in order to precisely identify symptoms, diagnose the nature of the client's problems and to determine the most effective treatment plan. Early in her career, Debbie made a difference in the classroom. As a teacher, her students had outstanding graduation percentages and she was commended at every turn. As a school counselor, she provided direct support services to individual students, small groups and classrooms. Whether the issues were identifying at-risk students, implementing programs to meet student needs or helping to resolve family issues, Debbie was there.

Whether participating as a presenter in wellness tours sponsored by AARP or, designing a roster of programming to help a viewer in pain, coming up with innovative ways to reach out to treat her patients, sharing written words of comfort, or seeking to help the most troubled among us, Debbie Harris stands as a vanguard for wellness and achieving the fullest quality of life.

Debbie's interests and hobbies are traveling, cooking, shopping, reading and most of all playing and caring for her pet dog Janie. In addition to this, her most valued and sentimental treasure is her compassion for her Faith.

Education:

Bachelor of Arts, Psychology 1996 | Master of Arts, Counseling 2001 | Master of Science, Human Sciences 2004