

Alumni Spotlight: Amy Work (MACC '18)



Current title: Licensed Clinical Mental Health Counselor, Registered Play Therapist, and Owner of Renewed Counseling & Play Therapy

Family: Husband—Chris; Son—Elliott (5)

Favorite professors: Dr. Blackburn, Dr. Leim, Dr. Fairbairn, Dr. Davis, Dr. Breen-Boyce

Favorite class: Old Testament, New Testament, and Theology deepened my understanding of Scripture and broadened my foundation of faith that has kept me grounded beyond seminary. I loved Helping Relationships because it taught me the practicalities of how to actually be a counselor, how to be with clients in session, and broadened my

ability to empathize and connect. Psychopathology deepened my understanding of diagnoses and treatment planning, while Lifespan Development trained me to work with clients through a developmental lens.

Favorite memory: Prior to attending Gordon-Conwell, I was a very “black and white” thinker. I typically approached life with the understanding that there was one right way to do things in all facets of life. In my first semester, one professor said they would approach a counseling situation in one way, while another professor said something seemingly opposite in their own class. I was frustrated that two professors would contradict each other and just wanted to know “the right way.” I think back at that now and laugh, understanding that I had yet to develop the maturity and understanding that there can be multiple excellent ways to approach and treat a counseling client. Throughout my time at Gordon-Conwell, I have become much more comfortable with the “gray,” whether it be counseling-related or otherwise.

What have you been doing since you left Gordon-Conwell and where are you serving now? Do you have a particular specialization?

After graduation in 2018, I worked at a group counseling practice in Charlotte, providing services for kids ages 3+, teens, and adults. In 2020, I started my own private practice, Renewed Counseling & Play Therapy, where I continue to see counseling clients and provide training and clinical supervision for Gordon-Conwell counseling students. I specialize in treating anxiety, mood disorders, behavioral



difficulties, and parenting, and approach clients from a client-centered and cognitive-behavioral perspective. I am also trained to integrate EMDR therapy as needed.

What do you love about your work?

I could spend pages and pages writing what I love about this work! In short, I love participating with God in the restoration of lives, identities, relationships, and families. Practicing counseling allows me to actively engage in bringing the Kingdom of Heaven to earth.

What are the particular challenges of serving as a therapist in your context?

Suicide is currently the second leading cause of death for adolescents in the United States. Charlotte specifically has a deficit of counselors and mental health services for struggling teenagers. I long to see more people join the field to meet these needs.

How has your Gordon-Conwell education served you in your past and current work?

The training I received at Gordon-Conwell has equipped me to provide high quality care for both Christian and non-Christian clients. The counseling program rivals top programs in the nation in terms of rigor and excellence. Additionally, the network of alumni counselors has helped me grow my counseling practice and provided practical opportunities for me to advance my career.

What piece of advice would you give to young alumni who are beginning therapists?

You are only with your clients for one hour a week. Do the best you can to be prepared and provide quality care in that hour, and then trust that God is with them for the rest of the week. He cares about them even more than you do.

Do you have any publications or links to share?

Learn more about [Renewed Counseling & Play Therapy](#) and the [Association for Play Therapy](#).