

Alumni Spotlight: Kimberly Owen (MACC '10)



Current title: Licensed Clinical Mental Health Counselor

Family: Husband – Wes, Children – Adam, Noah, & Leah

Favorite professors: Dr. Rodney Cooper and Dr. Tim Laniak

Favorite class: Multicultural Counseling with Dr. Cooper

Favorite memory: When Dr. Laniak asked me to speak to the school about how my American Indian Culture played a role in my spirituality.

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

Since I left Gordon-Conwell I have been in private practice counseling with other groups, however in the last two years I started my own counseling group called Sage Healing and Wellness. My location is in Cornelius, North Carolina, specializing in Betrayal Trauma and generational trauma using holistic ways of healing.

What do you love about your work?

I love the work I do because it allows me to use all aspects of God's gifting. One of my gifts is being creative in how I work with clients. I look at each one of my clients as unique souls that God designed, and they each heal in diverse ways. As an American Indian woman, I appreciate the indigenous ways of healing, the drum and dance movements from traditional powwows are sometimes used in my counseling practice. My faith is the ultimate gift. I continuously pray over my clients and listen to the Holy Spirit as a guide.

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

In my time as a therapist, I have been challenged with clients giving up hope too soon with their therapy journey. Clients dealing with trauma are fragile, and hope is all they have in many instances. I am a trauma specialist, and depending on what level of trauma the client is experiencing the process of healing can be extensive. We have four aspects to ourselves and when we experience trauma it affects the mental, physical, emotional, and spiritual—that is why I spend time examining those areas and addressing those with healing tools.

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

Having a Gordon-Conwell education has been so valuable to me. I wanted to be trained clinically and knew my faith in following Jesus was pivotal in my own healing pathway, so studying more of God's word was a perfect match for how I wanted to do counseling. I use a biblical lens as my main guide, which makes me feel secure in the work I'm doing with others.

How has God woven together your Gordon-Conwell education with other life events to bring you to where you are now?

Gordon-Conwell encouraged diversity, which is very important to me. During my experience at Gordon-Conwell I had two professors in particular who made a positive difference in my education. Dr. Rodney Cooper, multicultural counseling professor, was knowledgeable about the American Indian people and called on me several times to speak on the topic of being Native. Also, Dr. Tim Laniak, Dean and biblical studies professor, asked me to speak about my culture to a group of divinity students. My experience being a minority amongst minorities created a sense of community and belonging at Gordon-Conwell. It catapulted me into using it in my counseling practice today.

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

As a therapist, I would advise all therapist new and mature in this field to do their own self-care. One of my ways to care for myself is having my own therapist whom I see monthly. I also emphasize finding or forming a community of counselors for support and accountability. Lastly, take care of your sacred space. Take time for yourself to grow in your faith, strengthen your body, and enjoy silence where creativity can be birthed. Doing self-care is a must if you desire to do this healing work for an extended amount of time. We are human and hold a lot of pain for others, and our own experiences in life—being aware of how this effects our body and spirit—is so needed.

Do you have any publications or links to share?

Learn more about [Sage Healing and Wellness](#). My office is located in Cornelius, NC. We have space open for a therapist who feels called to our location and mission. I plan on becoming a supervisor to help guide the new therapist into treating the whole person in a holistic way while using their own unique gifting from God.