

Alexis (Alex) Overby, MA

Counselor / Mental Health Therapist
GreenPath Clinic

Alexis believes that everyone we meet plays apart in our role of life and so it is important to respect the uniqueness of each person. Alexis received her bachelors from Jackson State University and her Masters from William Carey University both in psychology. She has worked with the youth population for over 7 years both in and out of the school setting.

Her experience has been working with children through behavior modification and CBT. She began working with the adult population prior to the pandemic by helping them to establish and identify their strengths and creating an environment to help them grow and realize their true potential. She also has experience in family counseling, helping adults recovering from narcissistic abuse, and offering support with infertility and adoption cases.

Alexis enjoys spending much of her time with family and friends. She loves to hike, spend time with her children, reading or listening to audiobooks or taking on a new craft/hobby. Some of her favorite quotes are "*If I cannot do great things, I can do small things in a great way.*" from Martin Luther King Jr.; "*The journey of a thousand miles begins with a single step.*" from Lao Tzu.