



Deborah A. Olson, RN, MA, LPC

Licensed Professional Counselor
Author • Speaker
Women's Emotional Health Specialist



Well Living for Living Well

Deborah A. Olson is a licensed professional counselor in private practice at Galleria Counseling and Consulting in Houston. As a women's emotional health specialist, she works with women experiencing depression, anxiety, and life transition issues. She began her career as a registered nurse and also holds a master's degree in psychology, which she has taught at Lone Star College in Houston. A dynamic, sought-after speaker, she frequently presents to women's retreats and groups on a variety of topics from empowerment and resiliency to being "perfectly imperfect."

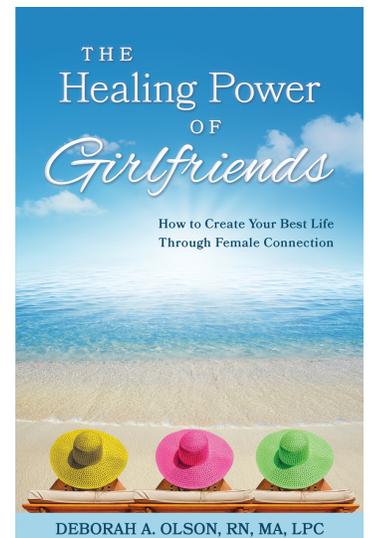


Presentations

"Nourish to Flourish" • Living Life with an "Attitude of Gratitude" • Embracing Change During Times of Transition • Life is About the Celebrations—Why Celebrations Matter! • The Healing Power of Girlfriends • The Beauty of Being "Perfectly Imperfect!"

Recent Engagements

Keynote speaker for Mothers of Preschoolers (MOPS) • Southwestern Psychological Association Conference • Guest Speaker at Moms-of-Multiples Group Event • Fixture of Area "Lunch & Learn" Series • Community Outreach Programs • Counseling Centers • Women's Retreats



The Book

Deborah A. Olson, RN, MA, LPC is the author of *The Healing Power of Girlfriends: How to Create Your Best Life Through Female Connection*. For women of all ages, the book helps us understand and appreciate the complexities and importance of female relationships through personal anecdotes, scientific research, and therapeutic advice.

Praise for Deborah

"Deborah Olson's concentric circle theory makes the importance of the levels of friendship obvious and easy to understand. Her passion for the importance of these relationships to the physical and mental health of women is evident." –Marsha J. Harmon, PhD, professor of psychology, Sam Houston State University

"As a nurse and leader, I believe that the Olson framework adds an insightful dimension to working with women colleagues and patients in the healthcare environment." –Cas Luis, MSN, RN

Connect

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