

Nexus Behavioural Health

Solutions for a better tomorrow!™

Phillip R. Ludwig, M.S., LPC-S, NCC

Phillip graduated from the University of Mary-Hardin Baylor in 2001. His degree was a Bachelor of Arts with a double major, one being in psychology and the other in sociology. After finishing his degree, he worked as a volunteer at S&W Hospice. This is where his love and compassion for people began taking its professional shape. He employed here-and-now experience to help families through the illness, death, and dying process.

His experiences and his desire for continued education prompted his entrance into the graduate program at Tarleton State University in 2001. While in graduate school, he continued his craft in public mental health, MHMR. Here he practiced placing his formal education into real life contexts. His responsibilities included working with persons with mental health, mental retardation, and both conditions. He also worked the Crisis Hotline and coordinated Orders of Emergency Detainment with physicians and law-enforcement.

His internship hours were accrued on Ft. Hood at the Family Life Chaplain Center after graduating with a Master of Science in Counseling Psychology in 2003. He applied his formal studies by working with experienced chaplains, other counseling interns, and Master's level students. Clients included soldiers with integration adjustments and PTSD after returning from war. Marriage counseling was also provided as a primary service. Clients were referred if services were not appropriate to the center's scope of practice.

He transitioned to Cedar Crest Hospital and Residential Treatment Center (RTC). Under both not-for-profit and corporate management, he worked with children and families with mild life adjustment situations to full blown chronic personality disorders. Here his skills became more refined. He learned to find the differences that make a difference more quickly and elegantly. He helped both children and their parents engage their own unique and sometimes hidden ways of being in a more harmonious lifestyle.

Beyond his role of counselor, he was instructing Master's level Counseling and Social Work students. His role also included professional peer consultant. He currently is licensed and working as a LPC-Supervisor. His expertise areas of treatment is as follows: mood disorders, ADHD, anxiety disorders, psychosomatic disorders, phobias, adjustment disorders, PTSD, treatment of trauma, Oppositional Defiant Disorder (ODD), Conduct Disorder, self-injurious behaviors, and personality disorders (specifically Cluster B traits such as Anti-social, Narcissistic, and Borderline). He also has expertise in state management and personal coaching. His preferred age in individual therapy is age 10 and older. As far as family therapy is concerned, he sets no specific age limits.

He believes that people are powerful agents of change and maintenance in their lives. He believes that people have all the innate skills necessary to enact their lifestyle choices. Sometimes they need just a little help. With this philosophy, he is a strong advocate for people making their own personal and informed choices. Indeed, change is optional! He currently lives in Temple with his pediatric nurse wife and their son.