

MEET CHIKEITHA OWENS

Mental Health Counselor | Bariatric Counselor | Author | Trainer |
Clinical Trauma Professional



Mrs. Chikeitha Owens is a Licensed Professional Counselor, Certified Bariatric Counselor, and owner of Abundance of Hope Counseling Service. She is a native of Dallas, Texas and has resided in the DFW metroplex her entire life.

She is a mother who adores her family, embraces challenges, and has an insatiable desire of acquiring new knowledge in various avenues.

Chikeitha is a firm believer of doing good deeds to others to pay it forward. In her role as a Professional Counselor, she has had the opportunity to work with many different areas from mental health, foster care, substance abuse to marriage and family.

Chikeitha is detail oriented, creative and loves learning new things, new ventures, and hobbies. She is a Christian author and speaker and enjoys writing and encouraging others.

- Chikeitha has learned to take life trials and allow them to be a stepping-stone. Chikeitha believes that her misery is her ministry. She is able to utilize her life experiences and use them to help her have a better understanding and be present with her clients.
- Initially she attended the University of North Texas. She later completed her Bachelor of Science in Psychology from Southwestern Adventist University in 2004. Chikeitha completed her Master of Art degree in Professional Counseling from Argosy University of Dallas in 2007.
- Licensed Professional Counselor, State of Texas
- Licensed Professional Counselor, (CEU) Continuing Education Provider, State of Texas
- Texas Workforce -DARS Licensed Professional Counselor - Vendor
- Master of Arts in Professional Counseling, Argosy University of Dallas (2007)
- Bachelor of Science in Psychology, Southwestern Adventist University in Keene, Texas (2004)
- Certified Bariatric Counselor from the American Association of Bariatrics Counselors