

Maria Jefferson

Founder

Purpose Path Counseling Services

Therapist | Speaker |
Relationship & Empowerment Coach



Presentation Topics

- ◆ **The Wounded Inner Child in Adult Relationships**
Men and Women learn how to identify their wounded inner child and are empowered to build and develop healthy interpersonal relationships.
- ◆ **Conquer Your Wounds and Manifest Your Purpose**
Men and women discover the power of manifesting their purpose when they recognize and conquer the wounds that are holding them back.
- ◆ **Breaking Generational Trauma: Path 2 Purpose**
Urban trauma changes the DNA coding, leading to intergenerational trauma when that coding is passed down from generation to generation in every unhealed urban community.

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About

Being a mental health therapist was never a thought or consideration for Maria. She wanted to be a lawyer when she grew up, however, life's challenges took her down a very different Path, where eventually she discovered her Purpose.

Maria is a bilingual Licensed Professional Counselor in CT, founder of Purpose Path Counseling Services, and specializes in treating adults with trauma and PTSD, particularly urban and cultural trauma within BIPOC communities; helping couples and individuals learn how to improve and strengthen their relationships. She is also a Career and Faith-Based Counselor, an entrepreneur, a proud mother, a wife of an Army Veteran for 23 years, a trained Interpreter for over 20 years, and a proud Complex PTSD Survivor!

Through therapy, coaching, and speaking to audiences, Maria is passionate about empowering others that healing from trauma is possible, and lead them to discover the Path towards their Purpose.

"Be brave and vulnerable enough to share your story... you never know who will need it to survive their own storm."

I was fortunate to attend the Wounded Inner Child workshop conducted by Maria. It was a great and informative event. Maria did a wonderful job connecting with her audience and I am forever grateful I had an opportunity to hear her speak. This engaging event got you thinking and encourages you to start the conversation and really tap into that inner you with a focus on improving your current relationships. It was a healthy conversation that all should attend. Very valuable and extremely informative.

Timothy Jenkins, Financial Advisor

I had the honor of attending the Wounded Inner child in Adult Relationships workshop that was held back in July 2022. I had learned and deepened my awareness of inner child healing through this conference. Maria was an excellent speaker and conveyed her expertise along with her personal experience very well. This allowed us all, to grasp how we can all heal our inner child.

Brigitte P. Brown, LCSW,
Founder Spirit Soul and Body Clinical Services, LLC