



JOSH HARRIS

THERAPIST IN ATHENS, HUNTSVILLE & SCOTTSBORO // MA, ALC

Josh Harris enjoys working with people from all types of backgrounds. He has experience and training in counseling children, youth, and adults in the areas of family struggles, marital issues, and mental health problems, to name a few. His education, training, and life experience allows him to identify well with those going through depression and anxiety. Josh primarily uses a cognitive behavioral therapy (CBT) approach to counseling, along with other helpful techniques, to help tailor the client's counseling to their needs.

Josh is a gifted speaker, teaching in churches and events throughout the Southeast to all ages. Along with his speaking ministry, he has the skills to listen to and sit with those in their hurts. Throughout his professional career, Josh has seen the pains life can bring to people and is motivated to serve those going through these trials.

Prior to being a counselor, Josh worked in various local churches, mainly as a youth pastor. He also has education and experience as a hospital chaplain and has worked in a variety of Alabama Department of Human Resources (DHR) affiliated positions over the years with children and parents.

He earned a Master of Arts in Professional Counseling and Master of Arts in Theological Studies from Liberty University in Virginia. His undergraduate degree is in Political Science from the University of Alabama in Huntsville.

Josh and his wife live in Huntsville, Alabama. He joined Pathways in January 2021.