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WWW.MROBINSONCOUNSELING.ORG | (405) 714-7160



**Penny Britton,
Licensed Professional
Counselor/ Licensed
Alcohol and Drug
Counselor**

Penny Britton is one of the therapists at MROBINSON COUNSELING LLC. In the fall semester of 2023, Taylor Mashburn, served as our undergraduate intern and, she interviewed Penny. See the questions and answers below!

When did you realize you wanted to become a counselor? What led you to this decision?

I was in college for social work and one of my professors asked me to do an individual study with him over therapy. After that I switched to counseling.

What are the major impacts on the brain when one uses drugs such as fentanyl?

Opioids decrease your brain's natural production of norepinephrine and depress the central nervous system. They reduce not only functions of the respiratory system, like breathing, but they also slow your heart rate and reduce your body temperature. Long-term use of fentanyl and opioids can deteriorate the white matter in your brain. Fentanyl has a high risk for overdose.

What are some steps you would recommend to people who are struggling with addiction but are afraid to ask for help?

The most important step is to ask for help. A person can ask a family member, reach out to an agency, or call 988. There really are so many resources and people do not have to face this alone.

Knowing that each type of therapy approach is different based on the individual, what types of therapy (treatment approaches) do you feel you use the most?

I use Cognitive Behavioral Therapy and Motivational Interviewing the most.

What would be some words of advice to those who are interested in taking steps to become a counselor?

I would suggest volunteering at a counseling agency or interviewing someone who works in the field first. It costs a lot of money and schooling to become a counselor and while I love it and find it worth every bit of the student loans and schooling, it's not for everyone.

What is most rewarding about your job?

I have been in the field long enough that past clients reach out to ask me for help with their children or loved ones. It's so rewarding to know I helped that person enough that they feel comfortable and trust that I can help their loved ones.



VISIT OUR WEBSITE FOR INFO ON SCHEDULING APPOINTMENTS!



Meet Taylor!!!

Taylor is an Office Assistant (and former undergraduate intern) at MROBINSON COUNSELING LLC.

Hi my name is Taylor Mashburn! I just graduated with my Bachelor's degree in Psychology and a minor in Pre-Counseling at OSU. I am planning on continuing my education by attending graduate school in the fall 2024. I have a natural passion to help others and love animals!! :)

Meet our therapists:

Kara Grace, Licensed Professional Counselor- Stillwater office

Anna Needham, Licensed Professional Counselor- Edmond office/ virtual

Penny Britton, Licensed Alcohol and Drug Counselor, Licensed Professional Counselor- Stillwater office

Marie Robinson, Licensed Marriage and Family Therapist

TO BEGIN YOUR HEALING JOURNEY, CALL (405) 714-7160

Bronson Snyder, Clinical Intern



Bronson is now accepting new clients! His focus is on men and their mental health.

Sessions are at a discounted rate.



Marie Robinson, Owner Licensed Marriage and Family Therapist



At MRobinson Counseling LLC, we are committed to providing ethical care to all clients. Our therapists specialize in substance abuse, trauma, marriage/relationship issues, grief, autism, anxiety, depression, men's and women's issues.

To begin your journey, give us a call, (405) 714-7160