

Independent Study & Mentorship

Final Presentation Night

Tuesday, April 27th

Jessica Lipper

Biblical Counseling

Under the mentorship of:

Debbie Whitehead

About Me



My name is Jessica Lipper and I am a Senior at Frisco High School studying Biblical Counseling in the ISM program. I am a four-year student Athletic Trainer and have been involved in Young Life Ministries for four years as well. I am also a part of the National Honor Society and was a class leader for three years. Recently, I have been interested in the field of Biblical Counseling and have been able to study this topic as an ISM student.

Speech Outline

I will be discussing:

- Research and Interviews
- Original Work
- Mentorship
- Final Product
- Learning Experiences

My Mentor

Debbie Whitehead LPC



Debbie Whitehead is a licensed professional counselor (M.Ed, LPC), certified personal trainer (CPT), and certified nutrition coach. She owns a practice in Plano, Texas where she helps clients break free from trauma and live a beautiful life - mind, body, and soul.

Final Product

One of the reasons as to why I wanted to study Biblical Counseling was because it's a profession that helps other people. As a high school student, I can't do much in this field since I am not a certified counselor, however that doesn't mean I cannot use my experiences to help others who are my age or younger. I decided to create several devotionals discussing my experiences in high school as a teenage girl. My goal is to help others to learn from my past experiences and ultimately look to the Lord in the midst of their current struggles. Thinking back to how I viewed life as a freshman in high school, I would have wanted to know all that I have learned up to my senior year. My devotional entries will be located on my digital portfolio under the tab, "Final Product".

Special Thanks To:

- Debbie Whitehead for stepping in at the eleventh hour and being the best mentor and counselor I could ever ask for.
- Karene Goff for encouraging me to keep going even when I was overwhelmed and wanted to quit. Also for Introducing me to my mentor and supporting me each and every day.
- My Parents, Chris and Kristie, for keeping me on track and pushing me to do my best in this class.
- My ISM class for being kind, supportive, and encouraging as we all went on the same journey together.

Mission Statement

My mission is to further my knowledge of Biblical Counseling that way I can discover more about myself and my potential in order to help serve and encourage others in a kind, Godly manner, so we can all continue to grow into the best versions of ourselves.