

# First Responder Provider Network Spotlight



Hi, My name is Annette Jansen, and I am currently a Provisionally Licensed Counselor (Plpc) at Sonder Counseling in Clayton, MO since May, 2021. I am about half way through my supervision, and am looking forward to full licensure around September, 2023. I am incredibly humbled to be part of the Missouri CIT First Responder Provider Network, and am excited to witness the changes it will make in not only the personal lives of first responders and their families, but also the ripple effect it will have on the community in which those first responders serve. I have a huge heart for first responders and veterans as I come from a long line of family who have served. I was a 911 dispatcher in St. Charles, Missouri for 14 years, and I was married to a St. Charles police officer for almost 10 years before he was killed in the line of duty. I not only know what life is like serving in law enforcement from personal experience, but I know the challenges of being married in it, raising children through it, as well as suffering through the loss of a line of duty death.

I finished my graduate degree in counseling in 2000, but never worked towards licensure until 2020. During those 20 years, I gained a lot of insight into who I was as a human first, a parent and a survivor. I did a lot of public speaking after my husband passed, specifically presenting to new recruits at police academies. I also engaged in philanthropy work by creating a foundation to help Backstopper families, Concerns of Police Survivors families, police academy scholarships, and the purchasing of new K-9's to those departments who needed them. In 2015, I became a Concerns of Police Survivors (C.O.P.S.) Survivor Liaison to those new families in the St. Louis area who lost a police officer in the line of duty, and shortly after I became the President of the Missouri Chapter of C.O.P.S. from 2017-2021. During that time, I ran many support groups to survivors including parents, spouses, siblings, extended family, and children.

I consider myself to be a client centered, trauma informed therapist with an eclectic approach to support, encourage, and challenge my clients. I am EMDR trained through the EMDR IA Institute, and am constantly amazed what EMDR can do to alter the images and thoughts in the brain to initiate healing. I consider myself to be authentic and genuine. I have been through a lot, seen a lot, and heard a lot, so I feel confident in my ability to provide a safe, non judgmental environment for first responders to unload what they normally keep to themselves.

I have three beautiful children. My oldest son is 20 years old. He has Autism, lives at home, and has a great sense of humor. We call him the "Gentle Giant". My daughter is 18, and I just sent her off to college...definitely missing her. My youngest son is 13 years old and is my partner in crime. We have 2 dogs. One is a brand new puppy that I am hoping to eventually train to come to work with me. I love to hang out with family, including my new husband, go for walks, and do arts and crafts, specifically paint.

I am so grateful to be included in this network and to reciprocate the service to those who spend their lives serving others.

