

BEHIND MY BRAND IS...

A woman who is
is always learning
and growing.

Gabrielle Jones



Gabrielle Jones is a Black Woman who works as a licensed psychologist. She obtained her bachelor's degree at California State University, Long Beach, and obtained her Master's and Ph.D. at Oklahoma State University. Dr. Jones lives in the bay area with her husband and her puppy, Peaches. She loves to dance and laugh and has a heart for doing what she can to help others improve their mental health and wellbeing

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Behind Her Brand: Tell us a little bit about who you are.

Gabrielle Jones: I'm a San Francisco Bay Area native, raised by a God-loving set of grandparents and mother. My mother opened her own home daycare business when I was young, and I was a "helper" at an early age. In elementary school, my mother decided to transfer me to school on the peninsula in a more affluent area of the bay. That was a difficult transition, but very formative regarding my ability to interact with people different from me. I was one of two Black children at my school, and since my mother was a single parent, school clothes were not in the budget. I wore uniforms at a non-uniformed school filled with children who did not look like me. I am grateful today for the transition, as I know it afforded me a better-quality education. Additionally it allowed me to navigate being a first-generation college student with assistance from high school teachers who saw more than the color of my skin. I have always been taught to appreciate and embrace my culture. I love being a Black woman. I love my people. I use my history to drive my future.

BHB: Share with us what do for a living and why did you choose this profession.

GJ: I have a Clinical Consultation, Training, and Development business and I see clients individually. I chose psychology as a profession initially because growing up, I was often told that I was a "good listener". As mentioned, I also took on a helper identity early in life, so psychology seemed appropriate. As I learned more about psychology, I realized there were many things I still did not know, and I found myself wanting to continue my learning in this area. God blessed me with an opportunity to obtain my doctorate in psychology at Oklahoma State University. I never thought I would go to Oklahoma for ANYTHING, but God's plan is greater, and I went. Oklahoma is where I realized my passion for working in various areas of psychology (consultation, direct care, teaching, training, and professional development).

BHB: It is often said that experience is your best teacher. What experience have you encountered that has shaped the woman you are today?

GJ: The experience that shaped me most was my time at Oklahoma State University. It was clear to me that God wanted me to himself. I was alone, no friends, no family, no connections. I remember calling my grandmother crying about being lonely and not knowing how I would manage the next 4 years of my life there. She sent me a Quest Study Bible. I read it daily, and spent time with God.

He kept me, strengthened me, protected me, and brought me through graduate school. My faith grew more than I could have imagined during my time in Oklahoma and I was able to make lifelong friends. Most impactfully, I met my best friend and the love of my life.

BHB: What has been one pressing issue in your industry that you would love to address and why?

GJ: One pressing issue in psychology that I would like to address is the lack of adaptability. Psychology, and mental health in general, are behind when it comes to innovation. Recently, start-up companies have attempted to reach more people through technology. Unfortunately, these companies are simply moving what was done in person onto the virtual platform. Re-imagining what mental health treatment can look like in a virtual setting would increase quality care and access to care.

What I know for sure is... **God's got me.**

BHB: If you were to start over in your career having the knowledge that you have now, what would you do differently, if anything?

GJ: If I had the chance to do it all over, I would first apply for as many scholarships and grants as I could. I would investigate each school to see what type of financial assistance was offered. Everything else I have experienced has influenced the way I live today and the person I've become, so I would not do it differently.

BHB: What do you think adversity teaches that victory can't?

GJ: Adversity teaches humility, patience, and it reminds us that we are not invincible. Experiencing victory only comes if you know what it feels like to experience adversity. Adversity and victory contribute to one another.

BHB: If you could go back in time and tell a younger version of yourself one thing, what would you tell?

GJ: I would tell my younger self that she is not defined by how others feel about her. I would tell her to do her best to be the best version of herself and know that "everything ain't for everybody".

BHB: What did you learn recently that challenged the way you are building your career?

GJ: I was pregnant in 2020 with our first child. I was told at my 20-week appointment that our son's heart stopped beating. Up to that point, I was a "workaholic". I served on multiple boards, came to work early and left work late, volunteered for everything, and made myself available after work hours. After the devastating loss of our son, I was challenged to identify what I would prioritize in my life. I learned through that experience along with the worldwide pandemic and racial epidemic, that my priorities are family and mental wellness. I have transitioned to building my career and spending my time in a way that are in alignment with my values.

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Continue the conversation with Gabrielle:

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