

About Us

E. Frances Moore, Licensed Professional Counselor Texas License # 16582

E. Frances Moore, an American counselor and ex-pat from Texas, has lived in West Africa, since 2004. She has counseled English-speaking ex-pats on issues ranging from coping with feelings of isolation and loneliness, substance use/abuse problems, to dealing with their feelings during a time of political crisis.

Her formal education includes a Bachelor of Science degree from Excelsior College in Albany, NY, a Master's Degree in Human Resources Development from Webster University and a Master's Degree in Guidance and Counseling from the University of Texas at El Paso.

Frances has more than ten years experience in the mental health field and received her license as a counselor in the State of Texas in 2000. Her work as a counselor includes counseling adult and adolescent drug users.

In addition to living in West Africa and the U.S., Frances has lived in Japan and Germany. In Germany and in the US, she worked for the US government in areas that were demanding and required interactions with persons of different nationalities, languages and backgrounds. She is familiar with the stressors of working as a member of a team and working under pressure.

Since coming to Africa and living with an African family for a year, Frances has learned to value and appreciate the similarities and the differences between her former American lifestyle and African traditions and cultures. She has experienced firsthand the anxiety of daily life during political trauma in Africa. American ex-pats have used her services to help them cope with their feelings of stress and fear during those difficult times. The majority of her clients have been able to remain in Africa to complete their assignments with Frances' assistance

As the daughter of a military man and then having married a military man, Frances has traveled extensively and has had the experience of living in Japan and in Germany where the languages, cultures and people were different.

As a mental health professional, Frances has counseled people infected with HIV/AIDS and their loved ones, persons addicted to prescription or street drugs and/or alcohol. She has also worked with the homeless population, gays and lesbians "in" and "out" of the closet, and rape victims.

Public speaking and facilitation of workshops have also been on Frances' agenda. She has made presentations at international conferences about HIV/AIDS and its effects on family members and about the joint issues of HIV/AIDS and drug addiction. Also, Frances has developed and presented workshops to American and international staff about cultural differences, working with clients and staff of different nationalities and ethnicities, and listening and communication skills.