

Our History

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

E. Frances Moore (aka Ellen 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, to substance use/abuse problems, to dealing with their emotions during a time of political crisis.

Since coming to Africa and having lived with an African family for a year, and now living on her own, 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. Ex-pats have used her services to help them cope with their feelings of stress and fear during those difficult times as well as deciding whether to go home or to stay in Africa. With Frances' assistance, the majority of her clients opted to remain in Africa to complete their assignments. In addition to living in West Africa and the U.S., Frances has lived in Japan and Germany.

As a mental health professional, Frances has supervised a mental health clinic with more than 700 clients, worked with the homeless population, and counseled gays and lesbians "in" and "out" of the closet and their family members. She has also done volunteer work with battered women, counseled victims of rape and sexual abuse and treated adolescents court-mandated to an outpatient substance program.

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 in Africa about cultural differences, working with clients and staff of different nationalities and ethnicities, and listening and communication skills. 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.