

BELINDA JAMES

Director of Counseling, Our Lady's Inn



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Belinda James is a passionate advocate for children, youth and families. A native of St. Louis, Missouri, she received her Bachelor of Arts degree in Psychology from Southern Illinois University at Edwardsville, a Missouri Family Development Credential from the University of Missouri – Kansas City, a Master degree from The Brown School at Washington University in St. Louis, and certification in Trauma Focused Cognitive Behavioral Therapy from the Medical University of South Carolina.

For the past 27 years, Belinda has been facilitating youth leadership programs, parent education workshops as well as professional development training on local and national platforms in the areas of strength-based practices, team building, group dynamics, motivational interviewing, the art of de-escalation, mental health and trauma recovery. She has also taught in the field of social work as an adjunct instructor at Washington University's Brown School of Social Work.

She provides mental health therapy to resilient, pregnant and parenting women residing at Our Lady's Inn who have histories of housing instability and may have extensive trauma backgrounds with mental health and substance use addictions.