



## Alana Harris, M.S., Resident in Counseling Clinical Supervisor

I received a Bachelor's degree in Psychology from University of South Carolina in 2012 and received a Master's degree in Rehabilitation Counseling from Virginia Commonwealth University in 2015. I have various practica and clinical experience working with adults, children, and adolescents with diverse background of mental health concerns such as trauma, depression, anxiety, and substance abuse. Through my clinical experience I was able to further develop my interest towards integrative mental health, which focuses on holistic measures and integrates the mind, body, and spirit. I have received training in conventional and alternative treatment modalities such as Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Mindfulness Based Stress Reduction (MBSR), and Motivational Interviewing (MI). I believe every individual is unique and I utilize an eclectic combination of client-centered theoretical techniques. Much of my practice is influenced by Psychodynamic theories with a specific interest towards mindfulness practices. I value a supportive and safe therapeutic environment that facilitates growth, perspective, and healing. In my free time, I enjoy spending time outdoors, gardening, yoga, and listening to music.