



Arica Coleman-Graves, M.A., Resident in Counseling Counselor

I am a graduate of Liberty University, located in Lynchburg, VA, with a Master of Arts degree in Professional Counseling. I have worked in the human services field for over twelve years, providing case management, counseling, and employment support to individuals with intellectual and developmental disabilities in residential and community-based settings. Additionally, I have worked with children and adolescents with an array of emotional and behavioral disturbances, as well as with adults with schizophrenia spectrum, bipolar, anxiety, depressive, and trauma-related disorders. I am well-versed in cognitive behavior, solution-focused, and client-centered therapies; however, I am intentional about modifying my approach to meet the unique needs and desires of each client that I collaborate with. With each client, I endeavor to foster a safe space for exploration and open discussion and highlighting and promoting the intrinsic strengths of clients and their families.

For leisure, I enjoy taking scenic nature walks, playing tennis, listening to various genres of music, reading nonfiction material, and completing jigsaw and 3D puzzles. I also enjoy spending time with my family.