



## Brittany Edwards, M.A., QMHP Counselor

My name is Brittany Edwards. I earned my masters in Clinical Mental Health Counseling from Regent University. My goal is to provide holistic and person-centered services to all clients that I work with. My approach to counseling is integrative counseling. I combine techniques from CBT, Trauma Informed Treatment, Gestalt techniques, Mindfulness, play therapy and art therapy. I have a wide range of experience working with both children and adults in individual and group settings. I work with both children and adults with depression, self-esteem struggles, self-harm, anxiety, ODD, ADHD, trauma, familial discord, gender dysphoria, substance use, and emotional dysregulation including anger management. Throughout my career I have gained experience in a variety of therapeutic settings including outpatient therapy, intensive in-home therapy, and therapeutic day treatment counseling. I have training in EMI, Gestalt, Trauma focused CBT, play therapy, mindfulness, and creative therapy strategies. My professional strengths include rapport building, kindness, honesty, creative therapeutic interventions, flexibility, and dependability. I am very passionate about counseling, and helping people reach their goals and full

potential by empowering the client through unconditional positive regard and person-centered strategies. When I am not working, I enjoy playing musical instruments, drawing, watching movies, and spending time with family and friends. Therapy is a progress, but I strive to make the process fun and memorable by incorporating my client's interest and passions into the therapeutic process to help the client reach and maintain their goals.