



## Chenise Deloach, M.A., Resident in Counseling Counselor/Support Specialist

I am a Virginia native and a 15-year Army Veteran. I earned my Master's Degree in Clinical Mental Health Counseling from South University-Richmond. I am currently pursuing a doctoral degree in Counseling Education and Supervision at Argosy University. My areas of competence are in individual and relationship counseling, sex-offender therapy, and substance abuse/addiction counseling. I am trained in providing counseling with individuals, couples, families, and in groups with adults and adolescents. I employ an integrative and strength-based approach to counseling with a strong reliance on Cognitive Behavioral Therapy utilizing individual, couples and group counseling, psychoeducation and homework assignments.

I view everyone as having a purpose or path in life, but sometimes things happen that knock us off that path. I help people find their way back, find their inner strength, overcome fears and anxiety, and learn to have a happier, healthier life! I believe that treatment should focus on making people's lives better, on improving their relationships, on helping them

understand who they are, and on making sure that progress and healing continues long after treatment ends. I think therapy can facilitate significant personal growth and increased wellness. In my free time, I enjoy outdoor activities, listening to music, watching forensic television shows, and being a movie enthusiast.