



## Erica Cockrell, M.S., QMHP Counselor

Erica completed her Bachelor of Science in Psychology at Radford University in 2011. Erica continued her education at Old Dominion University and received her Master of Science degree in Mental Health Counseling in 2016. She has worked in the mental health field for the past two years in North Carolina as an Intensive In-Home Specialist providing counseling and case management services to youth and their families. Erica recently made the move to Richmond, VA and plans to pursue licensure as a Licensed Professional Counselor (LPC) in Virginia. Erica is passionate about working with kids and their families, and has experience addressing a wide variety of mental health concerns including anger management, depression, anxiety, familial conflict, trauma, and self-harm/suicidal ideation. Erica believes that all people have the ability to change their lives for the better given the right tools. Erica prefers to utilize a cognitive-behavioral approach to help people gain understanding and control over their thoughts whenever possible. In her spare time, Erica enjoys exploring the city, spending time with her cat, cooking, and being outdoors.