



Erica Wooldridge, M.Ed., Resident in Counseling Counselor/Support Specialist

I received a Bachelor's degree in Psychology from Wake Forest University in 2013 and received a Master's degree in Community/Clinical Mental Health Counseling from the College of William and Mary in 2016. I have clinical experience providing individual, group, and family counseling in an outpatient setting and have worked with adolescents and adults with a wide variety of presenting problems including depression, anxiety, bipolar disorder, psychotic disorders, substance use disorders, and anger management concerns. I enjoy hearing people's stories and am passionate about helping others that are experiencing difficult times. I am currently providing intensive in-home and mental health skill building services. Clinically I utilize an integrated approach that incorporates aspects of Cognitive Behavioral Therapy, Solution-Focused Brief Therapy, Reality Therapy, and Structural and Strategic Family Therapy with an underlying person-centered and strengths-based disposition. I value feedback and do my best to tailor my approach to the needs of each

client that I serve. Some of my personal hobbies include volleyball, skiing, horseback riding, fishing, photography, swimming, cooking, social dancing, and spending time with loved ones and my pets. I also enjoy trying new restaurants, types of food, and activities.