



Julia Willinger, M.S., Resident in Counseling Counselor

I completed my Bachelor's degree in Psychology from Christopher Newport University with an additional focus in studio art and leadership. I continued my studies at Eastern Virginia Medical School, where I earned my Master of Science degree in Art Therapy and Counseling in 2017. I have experience working with children who were victims of trauma and abuse in domestic violence shelters, adolescents with learning disabilities and anxiety in schools, and adults with intellectual impairments. Based on a foundation of person-centered and art therapy approaches, I utilize the creative process of art making with clients to assist them in self-discovery, goal attainment, and healing.