



Laura Scheu, M.S. QMHP Counselor

I earned my Master's Degree in Rehabilitation Counseling at Virginia Commonwealth University and Bachelors' Degree majoring in Sociology and Psychology at Virginia Commonwealth University. I have experience working with adolescents and adults with ADHD, substance abuse, depression, anxiety, and eating disorders. I have worked in substance abuse out-patient treatment programs conducting assessments and facilitating individual and group sessions. I utilize a combination of Cognitive Behavioral Therapy (CBT), Reality Therapy, and Motivational Interviewing (MI) techniques. I believe counselors have the opportunity to help people implement positive changes in their lives using client centered, motivational theoretical techniques and methods. In my free time I enjoy hiking, spending time with family, friends, and animals, and participating in social activities focused on fostering and implementing social change and progress.