



Melissa Andersen, M.S., Resident in Counseling Counselor/Support Specialist

I have my Master's in Psychology with a focus in Child and Adolescent Development and I am working towards a second Master's Degree in Counseling in order to become a LPC. I am currently attending VCU and have earned my Bachelor's in Psychology at the University of Massachusetts. My experience is in working with youth who have experienced various forms of trauma and mental health difficulties. Most of my experiences have led to practice and knowledge of behavioral difficulties and utilizing de-escalation techniques. I enjoy using Person-Centered and strengths based techniques. I also use elements from

existential therapy and CBT. I believe in each individual's choice to control elements of their lives and that striving towards a positive future is a great area of focus for reducing hopelessness. My goal is to help individuals to see their self-worth and feel that they are valuable in this world. In turn I hope that they experience more fulfilling and healthy lives, mentally and physically. When I am not working I enjoy movies, reading, the outdoors and I LOVE animals.