



## Sara Connell, M.A., QMHP-A Counselor

I approach therapy with an open heart and an open mind; all while knowing my role is one of service and unending support. I try to bring as much creativity as I can to each clinical challenge. I earned my Master's in Rehabilitation and Mental Health Counseling from the University of South Florida in 2017, and have been working as a registered intern in Tampa, Florida. I recently relocated to Richmond, Virginia and have fallen in love with this beautiful state. I am now a Resident in Counseling here in Virginia, and have recently passed the National Clinical Mental Health Counselor Exam. My clinical experience varies greatly and includes working with adolescents and adults in outpatient substance use counseling, conducting mental health skill building groups, residential substance use treatment with adults, in-home counseling with youth and adolescents in the foster care system, and vocational rehabilitation counseling for individuals with a wide range of physical, emotional, and cognitive disabilities. My most recent work was as an Employment Specialist for individuals with disabilities, coaching them through the adjustment to disability and toward the

practical goal of establishing and maintaining employment. As a therapist I use a combination of person-centered, behavioral, solution-focused, reality, and mindfulness based theoretical approaches to meet the client where they are and collectively develop steps toward self-fulfillment. I whole-heartedly believe in the power of nature and adventure therapy, and I try to get as much of it as I can in my personal time through hiking, kayaking, and traveling. My self-care also includes yoga, giving back to my community, and baking.