



Tabitha Varney, M.A., Resident in Counseling Counselor

My name is Tabitha Varney. I earned my Master's in Clinical Mental Health Counseling from Liberty University and my B.S. in Psychology from the University of Mary Washington. I have experience in working in both outpatient and in-home environments with a wide population. I have a specific interest in working with children, adolescents and young adults who struggle with anxiety, depression, self-harm, ADHD, ODD, gender dysphoria, emotional dysregulation, family difficulties, have experienced trauma, and who are on the Autism Spectrum. I use a person-centered, integrative approach to therapy, often utilizing a variety of tools and methods to best fit the needs of the client. I utilize tools from a range of approaches to include CBT, Mindfulness, play therapy, and art therapy. When working with children and adolescents, I often enjoy incorporating the family unit, in order to help the family as a whole. I am easy-going, fun, compassionate, and enjoy utilizing creative techniques to assist

my clients in reaching their full potential. In my free time I enjoy spending time with my family and friends, playing with my dog, watching Netflix, and singing.