



## Alex Cantrell, M.Ed., Resident in Counseling

As an outpatient therapist, I specialize in adolescents and adults working through trauma, anxiety, depression, ADHD, and PTSD. I have experience in working with LGBTQ+ youth, clients struggling with immigration issues, survivors of sexual abuse and domestic violence, and find a deep fulfillment in being connected to the community. I employ techniques from Emotion-Focused Therapy, Internal Family Systems, and Mindfulness while incorporating skills from both somatic practices (breathing, self-soothing, stimming, etc.) as well as behavioral theories like Cognitive Behavioral Therapy and Dialectical Behavioral Therapy. It is my goal as a clinician to collaborate with clients on tailored solutions that fit the client's individual needs and enable them to not only function within their lives but thrive.

I graduated from the College of William and Mary with a Master's of Education in Clinical Mental Health Counseling in 2023. Prior to that, I worked in corporate consulting and graduated with a Bachelor's of Arts in Human Biology and Sociology from UCLA in 2017.