



Amy Kulnis, M.Ed., Resident in Counseling

I completed my Bachelor's degree in Psychology in 2010 and Master's in Counseling in 2012, both at Old Dominion University. My experience includes working in a domestic violence shelter and four years at a community services board in Hampton Roads. During this time, I worked as a Behavior Specialist in a Therapeutic Day Treatment program; my clients included children and adolescents. After beginning my residency, the scope of provided services included clinical assessments, treatment planning, individual and family outpatient counseling. I have experience working with children and adolescents with depression, adjustment issues, oppositional and conduct behavior, ADHD, anxiety, adjustment disorders, PTSD, grief and loss, autism, trauma, substance abuse, and behavioral issues at school. Some common issues of focus in family counseling include familial discord, transition difficulties with foster placements, increasing positive communication, and training on parenting skills. I have received training in play and couples' therapy. My professional strengths include passion, empathy, honesty, dedication, ethical treatment, and the desire to genuinely assist with increasing

the quality of life. I am a strong believer in assessing the client's needs prior to identifying a treatment modality, however, I tend to utilize CBT, person-centered, and strengths-based techniques.

When I am not working, I enjoy traveling, playing with my dogs, working out, being in good company, and any outdoor activity, on nice days.