



Anna Ickes, LPC
Outpatient Therapist

I earned my Master's Degree in Mental Health Counseling and Bachelor's Degree in Psychology both from Virginia Commonwealth University. I have experience working with children, adolescents, and adults with depression, adjustment issues, oppositional behavior, ADHD, anxiety, PTSD, personality disorders, trauma, substance abuse, and behavioral issues. I have also worked in a psychiatric hospital where I led children and adolescents in educational and recreational activities, as well as worked with them on individual goals. My background also includes working with adults in a residential psychiatric facility and working with children with developmental disorders. I utilize CBT, art therapy, and DBT techniques. In my free time, I enjoy cooking, reading, traveling, and swimming.