



Carly Alexander, M.A., Resident in Counseling

My career as a mental health professional began in 2014 providing community-based services to youth in a rural area south of DC. I became passionate about helping children and their families develop more connected relationships, gain insight, and increase their individual skill sets. To further my education, I earned my Master's degree in Clinical Mental Health Counseling from Stephen F. Austin State University in 2018. My clinical experience includes providing individual outpatient therapy to adults, facilitating Therapeutic Day Treatment groups in schools and community settings, and working with individuals and families as a community-based clinician. I seek to foster a supportive environment within each session where clients feel empowered to overcome obstacles and access their inherent strengths. In my free time I enjoy going on walks, practicing yoga, traveling, and spending time with friends and family.