



Chelsi Simmons, LPC Clinical Supervisor

Chelsi Simmons is a Licensed Professional Counselor who received her Master's Degree from Virginia Commonwealth University and her Undergraduate Degree from Longwood University. Chelsi has an extensive background in the mental health field of over 10 years providing a wide range of therapeutic services to individuals, couples, and families from diverse backgrounds and cultures. She specializes in individual and family therapy for trauma, depression, anxiety, relationship issues, and situational stressors. Chelsi uses a person-centered approach to therapy incorporating her training in psychotherapy as well as evidenced based practices, specifically utilizing cognitive behavioral techniques and dialectical behavioral therapy. Chelsi has experience working with children and adolescents who have experienced abuse and/or trauma (physical, emotional, and sexual). Chelsi's style promotes the development of a genuine rapport engaging in a warm, collaborative, open, and authentic exchange.