



Jaime Shill, M.A., Resident in Counseling Intake Coordinator

I earned my Masters' Degree at George Washington University in Community Counseling. I earned my Bachelors' Degree in Psychology at Virginia Commonwealth University. I have experience working with children and adults with depression, anxiety, ADHD, psychosis, trauma, familial discord and adjustment issues. I have worked in a psychiatric acute care unit conducting assessments with adults, adolescents, and children to determine need for hospitalization. I have also worked in residential psychiatric facilities with adolescent males and females. I utilize a combination of CBT and DBT techniques and emphasize the need for understanding and sometimes adjusting family dynamics to assist families in working as a better functioning system. I have received training in trauma-focused interventions and am interested in continuing my education and training to implement effective and research-based interventions. When I am not working I enjoy spending time with my family and my two cats as well as jogging and playing billiards.