



JaLisa Jones, M.A., Resident in Counseling

My name is JaLisa Jones, I'm from a small, country town and moved to the Richmond area in 2009. In 2013, I received my Bachelor's in Psychology from VCU and a Master of Arts in Professional Counseling from Liberty University in 2017. My ultimate goal is to become a Licensed Professional Counselor. I have worked with clients and their families doing community-based, residential, and the correctional facility setting. I have experience working within the mental health field across multiple populations to include, but not limited to; anxiety, depression, suicidal ideation, bi-polar disorder, schizophrenia, trauma, and more. I like to use a wide range of evidence-based approaches based on the client's need. Some treatment modalities that I use include Narrative Therapy, Solution-Focused Therapy, Motivational Interviewing, Mindfulness, Cognitive Behavioral Therapy, Behavioral Therapy, among other creative techniques. In my free time, I enjoy binge watching shows, spending time with family and friends,

traveling, eating my favorite foods/ trying new foods, and/or reading and writing poetry.