



## Jennifer Herrick, LPC

I earned my Master of Social Work from VCU in 1992 after completing my Bachelor of Science in Psychology from Virginia Tech. My diverse work experiences include community mental health, inpatient treatment of adults and adolescents, as well as residential treatment work. In therapy, I employ the use of multiple therapeutic techniques, including Cognitive Behavioral Therapy (CBT), Client Centered Therapy, Trauma awareness, and Mindfulness training. My goal is also to encourage awareness of the biological effects of stress and anxiety on the body in order to provide the best outcomes for my clients. My experiences have led me to believe that a strong therapeutic relationship between a counselor and client leads to positive outcomes. I recognize that joining with clients and hearing their experiences is an honor, and my goal is to respond by creating an environment of kindness, respect, warmth and collaboration. My aim is to support clients throughout the process of identifying nonadaptive coping patterns and behaviors to help manage the struggles of life more effectively.