



Julia Willinger, M.S., ATR, Resident in Counseling

I completed my Bachelor's degree in Psychology from Christopher Newport University with additional focuses in studio art and leadership. I continued my studies at Eastern Virginia Medical School, where I earned my Master of Science degree in Art Therapy and Counseling in 2017. As of October 2018, I am a Registered Art Therapist (ATR) and am actively working toward Board Certification. My experience with clients is primarily focused on working with children who have suffered trauma/abuse, are in foster care or presenting with attachment concerns, and individuals with ASD and ADHD. Based on a foundation of person-centered and art therapy approaches, I utilize the creative process of art making with clients to assist them in self-discovery, goal attainment, and healing.