



Julia Willinger, LPC, ATR-BC

I am a Board-Certified Art Therapist and Licensed Professional Counselor working as an outpatient art therapist and intake coordinator with Lighthouse. In the outpatient setting, I serve clients from childhood (age 4) through early adulthood (30s) who have been impacted by past trauma, are in the foster care system, experience family discord/dysfunction, suffer from depression or anxiety, exhibit aggressive behaviors, are processing grief and loss, or need assistance with maintaining safety and stability. Within the intake coordinator position, I facilitate initial assessments for clients seeking Intensive In-Home, Mental Health Skill-building, Virtual Residential, and/or Parent Coaching and Support services. I previously worked as an Intensive In-Home counselor for 3 years and graduated with my Master's in Art Therapy and Counseling from Eastern Virginia Medical School.

My therapeutic focus is an integration of person-centered approaches, trauma-informed care, art therapy and creative expression interventions, cognitive-behavioral strategies, and family-based theories. I prioritize the focus of treating the entire family system and not just the individual. I value the use of art making and creative expression within sessions, as it is often difficult to find the words to share about what you are

experiencing. In art therapy, you can learn about yourself through color, images, and symbols while in a safe, therapeutic environment.