



Julia Willinger, LPC, ATR-BC

I am a Board-Certified Art Therapist (ATR-BC) and Licensed Professional Counselor (LPC), with a Master's in Art Therapy and Counseling from Eastern Virginia Medical School. I provide outpatient therapy services and clinical supervision at Lighthouse, while having previous experience working as an intensive in-home counselor and a community-based intake coordinator.

I work with individuals from early childhood through young adulthood who have been impacted by trauma or attachment-based stressors, experience family discord/dysfunction, suffer from depression or anxiety, exhibit aggressive behaviors, are processing grief or life transitions, or need assistance with maintaining safety and stability. My therapeutic focus is an integration of person-centered approaches, trauma-informed care, art therapy strategies, cognitive-behavioral therapy, and family-based theories. 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.

In my spare time, I enjoy making art, doing puzzles, being in nature, playing the piano, and travelling. I also serve on the

board of the Virginia Art Therapy Association (VATA), the professional organization for VA-based art therapists.