



## Kelsie Powell, B.A., QMHP-Trainee

I received my Bachelor of Arts degree in Psychology with a double minor in Sociology and Criminology from Flagler College in St. Augustine, Florida and I am currently finishing my Master of Science degree in Psychology with a concentration in Clinical Mental Health Counseling at Nova Southeastern University in Fort Lauderdale, Florida. I have clinical experience working with children ages 4-12 with Autism Spectrum Disorder with co-occurring issues such as anxiety, mood regulation, and behavioral concerns. My experience includes offering both in home and center based Applied Behavioral Analysis services to clients as well as psycho-education and trainings for parents and families. I also have experience working with adults with severe mental illness (including Schizophrenia, Schizoaffective, Major Depressive Disorder, Bipolar Disorder I & II, and others) providing psycho-social rehabilitation services. In this role my focus is to assist individuals in increasing their independence and striving for their healthiest level of functioning. Clinically I believe it is important to meet individuals where they are at and to collaboratively set goals that are not only obtainable but functional. I utilize a person-centered approach combined with tenets of a feminist framework that focuses on strength based change, collaboration, intersectionality, and individual empowerment. In my spare time I

enjoy spending time with my family and dog, exploring outdoors, traveling, and finding new restaurants and coffee shops. I am new to the city of Richmond and enjoy getting out and exploring what all the city has to offer!