



Ken Garland, M.A., Resident in Counseling

Asking for help is the most difficult and strongest step that we can take. Ken would be honored to help you take that first step in your journey. Ken is a Resident in Counseling and completed his Masters in Mental Health Counseling in 2021. During his internship Ken worked with adults and adolescents in an acute inpatient setting and residential military unit for active duty and veterans. As a Resident in Counseling, he works with adults and adolescents in outpatient PHP and IOP group counseling settings. He has assisted clients in the treatment of anxiety, depression, personality disorders, post-traumatic stress disorder, and a variety of different disorders. Ken's therapeutic approach is collaborative and holistic, integrating Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Mindfulness, and Solution Focused Therapy. His approach can help in the treatment of anxiety, depression, self-esteem, life transition, stress management, and many different areas of concern. Ken believes that everyone has the power within to heal themselves, but at times we all need some assistance to unlock this ability. Ken's warmth helps create a safe, non-judgmental space, which will allow individuals to fully explore all aspects of their lives. Ken assists individuals along their journey of healing, by helping to guide them to a new perspective creating insight to let go of what is no longer serving our true self. While providing

nutrients for growth and clearer vision for a healthy fulfilling life. Ken is married and has one child. He enjoys spending time with his family traveling, going to VCU basketball games, and watching his child play sports. Ken also enjoys gardening, tinkering in the garage, and home improvement projects.