



## Kirsten Chapman, B.S., QMHP-C

I graduated with my Bachelor's Degree of Science with a major in Psychology from Virginia Commonwealth University. My career in the mental health field began while working with children with intellectual disabilities. I found my passion in empowering children and families to overcome obstacles to reach their fullest potential. I have experience working with children and adults from all walks of life. I utilize person centered approaches within in-home counseling to address problem areas including but not limited to childhood trauma, anger management, family attachment, disruptions within the home, and developing problem solving skills independently and within the family to create more cohesive family dynamics. I enjoy using creative expression techniques to help build comfort with healthy emotional expression and strengthening interpersonal communication skills to foster more positive family and peer interactions. In my free time I like to explore Richmond with my pup, spend time with loved ones and travel at every opportunity I get.