



Laura Pignato, M.S., Resident in Counseling

Laura Pignato is a Resident in Counseling who focuses on working with children, adolescents, and families from a strength-based model. Ms. Pignato attained a Bachelor of Science degree in Psychology and a Bachelor of Arts in Sociology from Louisiana State University in 2012. Ms. Pignato also attained a Master's of Science in Clinical Mental Health Counseling from Loyola University New Orleans in 2016. Ms. Pignato utilizes a family systems perspective to address the needs of children and families and incorporate consideration of contextual factors affecting the family's well-being. She provides individual and family counseling to children and adolescents with anxiety, depression, trauma, and attachment concerns. In addition to using the family system model, Ms. Pignato incorporates experiential and play therapy techniques to meet the developmental needs of each family member.

Ms. Pignato's clinical experience includes facilitating group counseling for children, adolescents, and adults to enhance parent-child relationships and family well-being at a family clinic

in Virginia; providing individual and family counseling for single mothers experiencing housing instability; providing grant-funded individual and family counseling services for clients ranging from the ages of 6 to late adulthood to facilitate positive development and adjustment to stressors in both Louisiana and Virginia; and providing family counseling using a structural family therapy model under supervision of structural family therapists at a family clinic in Virginia.