



Laura Viles, M.Ed., QMHP-A, QMHP-C

I completed my Bachelor's degree in Psychology in 2016 and my Master's of Education in Clinical Mental Health Counseling in 2019, both at the University of Tennessee at Chattanooga. I have experience working with all age groups as well as a wide variety of populations and mental health issues. I began as a Behavioral Health Technician at a residential facility for adolescents struggling with anxiety, depression, mood disorders, addiction, and PTSD. I have experience as a Case Manager in an outpatient center of three years, supporting individuals of all ages in managing addiction and varying mental health disorders. I completed my internship at UTC's counseling center at both individual and group settings. I co-led the Grief and Loss group at this center for two semesters and provided additional services such as clinical assessments, treatment planning, crisis intervention, and individual outpatient counseling. During this time, I treated students struggling with adjustment, relationship, and wellness issues, anxiety, depression, mood disorders, personality disorders, obsessive-compulsive disorders, addiction, SI, and self-harm. I have a passion for multicultural issues and emphasize relationships through my theoretical orientation of Relational Cultural Theory. I treat individuals through a holistic

view and utilize a collaborative approach with each client in goal setting and treatment planning, while enjoying implementing creative techniques to best support clients in reaching such goals.