



Laura Viles, LPC

I have received a Master of Education degree in Clinical Mental Health Counseling through the University of Tennessee. I am currently a Licensed Professional Counselor in the state of Virginia and am practicing as an outpatient therapist. I have a wide range of clinical experience, working with various populations and presenting needs, but I currently specialize in working with adolescents and adults with anxiety, depression, mood disorders, and trauma-related issues. I enjoy using a relational-cultural approach and often utilize person-centered therapy, cognitive behavioral therapy, and dialectical behavioral therapy in my work with patients to best meet their needs. I have experience with utilizing creative-based interventions and aim to have a strengths-based approach with all clients to support with achieving goals, building autonomy, and improving overall quality of life.