



Lauren Gibbs, M.Ed., Resident in Counseling

I graduated from George Mason University with a Master of Education in Community Agency Counseling in May of 2020. This was after receiving a Bachelor of Science in Psychology with a Childhood Studies minor, and a Developmental Psychology concentration, also from George Mason University. Although I enjoy working with a variety of different ages and populations, my passion is working with children and adolescents! My clinical experience includes providing individual and group counseling for all ages, sharing psychoeducation lessons with children, adults, and seniors, and helping clients work through their anger management, depression, anxiety, or relationship obstacles. My approach is mostly person-centered, with Rational Emotive Behavioral Therapy (REBT) techniques. In my free time, I enjoy traveling, lounging in and around the pool, playing with my dog, and spending quality time with my loved ones.