



Alexis Peacock, M.A., Resident in Counseling

I recently relocated to the Richmond area with my family to expand my clinical experience. I received a Bachelor's with Honors in Psychology from Liberty University in 2017 and completed my masters in Clinical Mental Health Counseling at Liberty in March of 2020. I have experience with individuals and families, and a focus on children and adolescents. I held a position for almost two years in the community based field working in a therapeutic setting with trauma, ADHD, depression and anxiety, bipolar disorders, family conflict, sexual abuse and trafficking, medical disabilities and Autism. My focus in counseling stems from a solution focused, holistic and Rational Emotive Behavioral Therapy perspective. I draw from other theoretical orientations such as Cognitive Behavioral Therapy and Mindfulness to build a wide variety of perspectives and interventions to best provide my clients with well-rounded and collaboration-focused care. I hold training or experience in several areas of trauma-focused care, foster care and adoption, adventure-based therapy, marriage counseling and ASIST suicide prevention.

In my free time I enjoy spending time with my two dogs, trail running, spending time with friends and family, and working on home projects with my husband.