



Madelene Thomas
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I graduated with a Bachelor's degree in Psychology from James Madison University and later received my Master's degree in Counseling from Arizona State University. My experience includes working with children and adolescents in residential treatment and in-home settings as well as working with adolescents and adults in outpatient clinics. My focus included difficulties with emotional regulation, distress tolerance, interpersonal and family difficulties, experiences of trauma and grief, and a multitude of other mental health concerns. As a largely Cognitive Behavioral Therapy and Dialectical Behavior Therapy-oriented clinician, I strive to utilize evidenced-based interventions with clients. I pride myself on my training in trauma-informed care. I believe that a strong therapeutic alliance is the heart of positive and healthy change and growth.

In my spare time, I enjoy self-care activities like hiking in nature, baking, listening to my favorite music, and anything to do with my sweet puppy!