



## Madison McLaughlin, M.A., Resident in Counseling

Madison is a Resident in Counseling who earned a Bachelor's of Psychology with a minor in Women and Gender Studies from Christopher Newport University, and a Master's of Clinical Mental Health Counseling from Liberty University. Madison utilizes a multicultural approach and works with individuals of all different backgrounds including differing race, ethnicity, religion, gender, and sexuality. She has worked with children, families and adults in the areas of ADHD, autism, PTSD and other trauma related disorders, mood disorders, grief, homelessness, behavioral concerns, self-esteem, and anger management. Madison enjoys helping couples and families with developing healthier and more effective communication, child/parent relationships, sibling relationships and overall improvement within the family unit. She utilizes a person-centered, trauma-informed approach that is personalized to each individual, couple or family. She has experience with modalities such as CBT, DBT, ACT, play therapy, family systems, mindfulness, solution-focused, emotion focused, narrative, and art/music/expressive related interventions. Madison loves incorporating humor and creativity within her sessions. In her free time, she enjoys playing video games, listening to music, creating art, and cuddling with her dog while watching movies and tv.