



Malissa Watterson, MSW, Supervisee in Social Work

Malissa earned her Master's in Social Work from Virginia Commonwealth University in 2018 and is currently pursuing her license to become a Licensed Clinical Social Worker. After working with families experiencing intimate partner violence and homelessness, Malissa was inspired to help children, adolescents and adults address their mental health needs through counseling. She has experience working with children and adolescents receiving in-home and outpatient therapy, as well parents receiving home visiting services. Malissa is passionate about helping mothers experiencing perinatal mood and anxiety disorders and has training in supporting this population. She utilizes various therapeutic techniques, including but not limited to, motivational interviewing, mindfulness, cognitive behavioral therapy, and dialectical behavior therapy. Malissa believes in the value of trauma-informed care and strives to approach every interaction with others using this lens. In her free time, Malissa enjoys eating at local restaurants with her partner, practicing yoga, and playing with her dog Lizzy.