



Margaret "Meg" Gravely, M.S., Resident in Counseling

I am a resident in counseling working toward licensure as an LPC. I received a Bachelor's degree in Psychology from James Madison University, and a Master's degree in Rehabilitation and Mental Health Counseling from Virginia Commonwealth University. I have a background in working with a diverse population of adolescents and young adults in the acute inpatient (hospital) setting, as well as outpatient counseling, with a focus on individuals on the LGBTQ+ spectrum. At Lighthouse, I enjoy working with a wide range of clients and provide Mental Health Skill Building, Parent Coaching and Support, Intensive In-Home, and Virtual Residential Services. I utilize creative, person-centered, strengths-based, and trauma-informed interventions to collaboratively identify goals and work toward personal growth with each of my clients and to foster therapeutic relationships that contribute to the healing process. Outside of work, I love spending time with my friends, family, and loved ones, listening to music, re-reading Harry Potter (again?), and feeding treats to my 3-year-old black Labrador.