



Meghan Heath, B.S., QMHP-C Counselor

I received my Bachelor of Science degree in Psychology and Sociology with concentration in Clinical Psychology from Virginia Commonwealth University. I have clinical experience providing individual and family services in a center based and in home setting and have worked with children and adolescents for over 8 years. I have experience in working with individuals with a wide variety of presenting problems including depression, anxiety, trauma, psychotic disorders, autism, ADHD, substance use and anger management concerns. I have an extensive background in ABA (Applied Behavior Analysis) that focuses on the principles that explain how learning takes place, understanding behavior and how it is affected by the environment, and use of techniques and principles to bring about meaningful positive change in behavior. I am currently providing Intensive In-Home services. Clinically I utilize an integrated approach that incorporates aspects of Cognitive Behavioral Therapy, Play Therapy Techniques, Art Therapy Techniques, and Dialectical Behavior Therapy. I strive to provide treatment with a person centered and strength-based approach. I am passionate about helping others that are experiencing difficult

times and growing in a therapeutic relationship with my clients to foster a safe space and trust for open discussion and processing. In my free time I love spending time with my family and our dog, traveling and experiencing different cultures and cuisines, crafting, woodworking, cooking, gardening, swimming, and volunteering within my local community for enrichment activities for children and youth-based programs.