



Meghan Johnson, M.Ed., QMHP-Trainee

I am a Resident in Counseling who received my Bachelor's of Science in Human Development and Family Studies from Virginia Tech and my Master's of Education in Counseling from Virginia Commonwealth University. I joined our Lighthouse team in May of 2022 and began working with adolescents and adults with anxiety, depression, ADHD, and trauma-related disorders. Throughout my experience, I have found that my clients (and their families) each have many unique strengths to reach their goals and create meaningful change in their lives. I work passionately to support my clients in finding and utilizing these strengths by creating a safe, empathetic, and fun counseling space. I really enjoy using art-based and creative interventions within CBT and DBT frameworks. In my free time, you can catch me hanging out with my family and friends, watching true-crime shows, spending time outside, and cooking/baking!