



## Samantha Orrell, LPC

I attended Old Dominion University and graduated with a Bachelor's in Human Services, with honors. Upon receiving my degree I worked at a domestic violence shelter, providing court advocacy and leading groups for the survivors of domestic violence. I then went on to receive my Master's degree in Clinical Mental Health Counseling from Marymount University. I currently am a Licensed Professional Counselor (LPC) and Nationally Certified Counselor (NCC).

In the counseling setting I strive to create an authentic and genuine connection with my clients. Utilizing a combination of Cognitive Behavioral Therapy (CBT), Rogerian, and Mindfulness. I believe that this combination of approaches to therapy provides the client with a safe space in which they are given the opportunity to grow and challenge themselves while receiving unconditional support. My goal as a therapist is to help my clients recognize and embrace their strengths while receiving psychoeducation and coping skills to help relieve distress. My prior experience includes working with individuals, couples, and groups. I specialize in working with teens, young adults, and

adults helping them work through issues such as anxiety, depression, self-esteem, LGBTQ+ issues, relationships, domestic violence, stress, and much more.