



Scarlet Thompson M.Ed., QMHP-C

In 2017, I graduated from Virginia Commonwealth University with a Bachelors in Psychology. I continued my studies and received a M.Ed in Counselor Education at VCU. I have experience working with children and adolescents from various cultural backgrounds. Moreover, I have experience working with children and adolescents on the Autism Spectrum, ADHD, anxiety, depression, emotional dysregulation, and bipolar disorder.

Many times, I utilize a strength based, person centered approach. Interventions are always tailored to my client's specific, unique needs, as well as their developmental level. I will listen to my clients, empower them, and assist them towards developing greater self-awareness.

As a counselor, I will help clients create goals that will lead them to a healthier, more successful life. I will be authentic to myself and others. I will foster happiness, positive attitudes, resiliency, empathy, and care into my counseling. I will support clients and help them thrive to become the best versions of themselves.

In my spare time, I enjoy spending time with my family, my fiancé, and my dachshund. I love coffee, cooking, Netflix, and spending time at the farm where I grew up.