



Sydney Ditzler, B.S., QMHP-A, QMHP-C

I graduated from Virginia Commonwealth University (go rams!) in 2017. I am now back in school, working towards becoming a Licensed Professional Counselor (LPC). My career journey started off doing Applied Behavioral Analysis (ABA) with special needs kiddos for 3 years. I became a Registered Behavioral Technician (RBT) through certification and testing. During my third year, I had a hybrid position of ABA and mental health as a Qualified Mental Health Professional (QMHP). Since then, 2019, I have become a QMHP-Child and Adult as well as a Certified Substance Abuse Counselor (CSAC) Supervisee recently. I have worked with a range of ages, 3-73, a multitude of religious and cultural backgrounds as well as multiple clients apart of the LGBTQIA+ community. I have experience with individual and group therapy sessions, providing psycho-education and parent training and working with a variety of diagnosis from Anxiety, Depression, Intellectual disabilities, Bipolar disorder, Schizophrenia, Oppositional Defiant Disorder (ODD), as well as others. My approach is person-centered, creative counseling and finding the connection between mind, body and spirit. I strive to be the safe, trusting, strengthening space for my clients. In my free time, I love to bake, anything creative such as painting, wood-work, water color and hanging out with my cats.