



Tynnetta Harris, B.S., QMHP-A, QMHP-C

I am originally from Baltimore, Maryland but spent most of my time in Richmond, VA, where I graduated from Virginia Commonwealth University with a Bachelor's degree in Psychology. I have experience working with adults and adolescents as a Qualified Mental Health Professional. I've worked with a variety of diagnoses which include anxiety, mood disorder, obsessive compulsive disorder, post-traumatic stress disorder, intellectual disability and substance abuse. I have experience with using cognitive behavioral techniques, DBT skills training, and I always use a person-centered approach. I am passionate about being an advocate for individuals and helping them reach their goals. Outside of work, I enjoy taking road trips and weight lifting.