



## Whitney Pratt, B.S., QMHP-Trainee

Originally from South Florida, I earned a Bachelor's degree in Human Services with a concentration in Children and Families' Studies from Indian River State College. In 2012, I became a certified yoga instructor with additional certification as a trauma-informed practitioner in 2019. My professional background specializes in working with incarcerated adult women to provide rehabilitation and substance use treatment services to prevent recidivism and improve overall wellbeing. Prior to my experience as a correctional counselor, I worked as a community wellness advocate and coordinator for young adult women by offering event facilitation, mindfulness education, and additional support services. I've also worked with young children and adolescents impacted by the foster care system as an advocate for many years. I favor a heart-centered, empowerment-based approach that emphasizes active listening, promotes emotional processing and self-reflection, and nurtures inner acceptance and transformation. I believe that community, connection, and creative expression are powerful agents of change. I believe that each person has a unique purpose and authentic voice. My goal is to help shine light on each person's path of self-discovery and healing.

Some of my favorite leisure activities include traveling, practicing yoga, being with nature (especially at the beach) and exploring different forms of movement such as dancing and horseback riding. A proud fur-mom, I enjoy indulging in quality time with my adopted babies, Ziggy and Durga.