

Meet Dr. Amy!

Licensed Professional Counselor
& Practice Owner

Pronouns: she/her

Office: Alexandria &
Falls Church



Dr. Amy Fortney Parks describes herself as a life-long educator, a passionate psychologist, and often stressed-out, but mostly happy, mom of four! She is the Executive Director of WISE Mind Solutions, LLC, a Northern Virginia-based group psychotherapy practice focused on children, teens, and families. She is also the owner of The Wise Family – a comprehensive brand for kids and parents designed to inspire, educate and energize families!


Dr. Amy Fortney Parks brings with her over 30 years of experience working with children, adolescents, and families as both an educator and psychologist. She is a passionate “BRAIN – trainer” and strives to help everyone she works with understand how their own unique brain works!


Dr. Amy holds a Doctorate in Educational Psychology and specializes in individual counseling for kids, tweens, and teens, parent coaching, and educational consulting. She also provides consulting services to families, parent groups, local independent schools, and public systems.

Dr. Amy has served as a speaker for conference groups including the Virginia Counseling Association, the Virginia Psychological Association, MARFY, She Rocks the World, The Center for Adoption Services and Education, and many, many more. More information and how to chat directly with her about your family are on her website, www.thewisefamily.com or connect SOCIALLY @wisefamilies!

Amy has over 30 years of experience through her work in Northern Virginia schools, adoption agencies throughout the US, and private practice with countless families. Her most valuable experience, however, is the day-to-day parenting of her own four children, three dogs, and husband.



 info@thewisefamily.com

 www.thewisefamily.com

Specializes in:
kids ages 5 and under, 6-10 y/o
and assessment services