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## KARIN PURUGGANAN, RESIDENT IN COUNSELING

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Meet Karin! She is a Wise Family Resident in Counseling. Karin uses an integrated approach to counseling incorporating play therapy techniques with Adlerian, Gestalt, and feminist theory with a person centered focus.

Her experience and interests include childhood anxiety, school refusal, blended families, trauma, and gender identity/sexuality.

She has a tender heart for two specific groups of clients that include competitive athletes as well as individuals who live with complex medical conditions or have endured extensive hospitalizations.

### **SIGNS A CHILD NEEDS A COUNSELOR**

Decreased academic performance

Lower frustration tolerance

Anger outbursts

Negative self image

Social difficulties

Increased emotional sensitivity

Biting and chewing fingernails

Lying or manipulation

Destroying property

Web: [www.thewisefamily.com](http://www.thewisefamily.com)

Phone: 1-844-WISE FAM



## KARIN'S BIO

Karin is a life-long resident of Alexandria, and lives with her husband, five children, and lab mix "Tala."

She loves to read, play soccer, and coach her kid's sports teams. Karin believes that the culmination of her life experiences have helped her become a good communicator and counselor.

With over 17 years of parenting her own children in public schools, she strongly believes in the coordination of care between home and school. With a background in healthcare (she worked critical care at Inova Fairfax Hospital for fourteen years) and being certified as a registered yoga instructor, she brings a wide array of experiences to the Wise Family. During the day, Karin is school counselor.

Karin holds a Master in Educational Psychology from the University of Virginia, and a Master of Arts in School Counseling from The George Washington University. Karin is recognized as a National Certified Counselor (NCC) and she is actively pursuing licensure in Virginia as a Licensed Professional Counselor.