



DR. SHEKILA MELCHIOR,  
RESIDENT IN COUNSELING

Meet Shekila! She is a Wise Family Resident in Counseling. She believes that through fostering relationships, mutual empathy and empowerment, clients can thrive in therapy.

Shekila specializes in high school aged adolescents and elementary aged children.

**SIGNS A CHILD  
NEEDS A COUNSELOR**

- Negative self image
- Decreased academic performance
- Increased emotional sensitivity
- Lower frustration tolerance
- Biting and chewing fingernails
- Social difficulties
- Destroying property
- Anger outbursts
- Lying or manipulation



**SHEKILA'S BIO**

Dr. Shekila Melchior, NCC is a licensed school counselor actively pursuing her Virginia licensure as a licensed professional counselor. She completed her undergraduate degree from UNC-Pembroke in Criminal Justice, her Masters of School Counseling from North Carolina A&T (Aggie Pride!) and her PhD in Counselor Education from Virginia Tech (Go Hokies). Shekila is a former high school counselor and is currently a faculty member at George Mason University. Her theoretical orientation is Relational Cultural Theory.

When she's not busy working, Shekila enjoys salsa and bachata dancing, trying new restaurants and spending time with her family and friends. Shekila is also an avid traveler and a lover of audible books!