



VANESSA MACKALL RESIDENT IN COUNSELING

Meet Vanessa! She is a Wise Family therapist that specializes in working with school aged children, ranging from 5 to 18 years of age.

Her preferred treatment is taking a person centered approach to therapy, while integrating the use of non-directive play therapy, and cognitive behavioral therapy.

SIGNS A CHILD NEEDS A COUNSELOR

Decreased academic performance

Anger outbursts

Lower frustration tolerance

Biting and chewing fingernails

Managing emotions

Lying or manipulation

Destroying property

Increased emotional sensitivity

Breaking toys



VANESSA'S BIO

Vanessa is a proud Alexandria local, with a passion for cooking and travel. She loves music, and can often be heard singing or humming in her spare time. Vanessa is a huge believer in the power of positive reinforcement, and loves to offer words of encouragement to others in need.

Vanessa hopes to write her own series of therapeutic children's books, with the objective of providing encouraging forms of psychoeducation to school aged children.

Vanessa completed her undergraduate degree in Psychology at Old Dominion University in Norfolk, VA. After completing her undergraduate degree, she worked as a paraprofessional for Special Education students grades K-5, within the Alexandria City Public School System. During this time, she discovered her passion for counseling, and differentiated learning. Vanessa soon began working as a Therapeutic Day Treatment Counselor within the Alexandria City Public School System, offering counseling and behavioral support to students grades 6-12. Vanessa obtained her Masters degree in Clinical Mental Health Counseling from Medaille College in Buffalo, New York. Since earning her Masters degree, she's worked collaboratively with children, families, and other care providers as an Intensive In Home and Outpatient Counselor. Vanessa is actively pursuing licensure in Virginia as a Licensed Professional Counselor.