



**TATIANA HERNANDEZ,
LICENSED PROFESSIONAL
COUNSELOR**

Meet Tati! She is a Wise Family Therapist with experience gained from working with clients from diverse backgrounds in varied mental health settings.

She has developed a particular interest and expertise in working with adolescents and young adults struggling with but not limited to: LGBTQ+ related issues, non-suicidal self-injury, and anxiety disorders.

**SIGNS A CHILD
NEEDS A COUNSELOR**

- Lower frustration tolerance
- Decreased academic performance
- Increased emotional sensitivity
- Social Difficulties
- Lying or manipulation
- Self-Injurious Behavior
- Negative Self-Image
- Anger outbursts
- Destroying property
- Loss of interest

Web: www.thewisefamily.com

Phone: 1-844-WISE FAM



TATI'S BIO

Pronouns: She/Her
Bilingual: English/Spanish

Tati is a queer, Hispanic, cisgender woman and licensed professional counselor in the state of Virginia. She is also a self-proclaimed Disney nerd from South Florida with a great passion for traveling and holding space for those who need to be seen and heard. She completed her undergraduate degree in Psychology at James Madison University and then went on to obtain her Master's degree in Mental Health Counseling from Nova Southeastern University.

Since 2015, Tati has worked with clients from diverse backgrounds in crisis stabilization units, community agency centers, and outpatient programs. Her specialties include working with adolescents and adults on topics relating to LGBTQ+ identity, overwhelming life events, and trauma. Tati uses CBT and EMDR, as well as a person-centered approach and an intersectional feminist framework, to deconstruct narratives and empower individuals to connect with their authentic selves.

Tati is currently accepting new clients and is available for *virtual or in-person appointments in Winchester, Virginia. She is available to connect on Mondays, Tuesdays, Wednesdays, and Thursdays.

*Must be located in the state of Virginia.