



**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](http://www.thewisefamily.com)

Phone: 1-844-WISE FAM



**TATI'S BIO**

Pronouns: She/Her  
Bilingual: English/Spanish

Tati is a licensed professional counselor in the state of Virginia. She identifies as a cisgender, queer, Hispanic woman. She is also a self-proclaimed worry warrior and Disney nerd from South Florida, with a great passion for traveling and advocating for those in need.

Tati 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, she has worked in crisis stabilization units, community agency centers, and outpatient programs. The experience gained from working with clients from diverse backgrounds in such varied mental health settings has led to her developing a particular interest and specialization in working with adolescents and young adults on topics relating to LGBTQ+ identity, non-suicidal self-injury, and anxiety. Tati utilizes a person centered and solution focused approach, as well as a trauma informed and intersectional feminist framework, to deconstruct narratives and empower individuals to connect with their authentic selves.

Dedicated to creating a safe environment and holding space for those who need to be seen and heard, Tati is honored to be able to connect with clients in private practice at The Wise Family. She is currently accepting new clients and is available for virtual or in-person appointments in Winchester, Virginia.