



**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/ella
Bilingual: English/Spanish

Tati is a queer Latinx licensed professional counselor in the state of Virginia. Her professional focus and passion include working with teens and young adults on topics relating to LGBTQ+ identity and trauma. She also works with parents of LGBTQ+ youth. Tati uses a person-centered approach with a culturally responsive and trauma-informed lens. She also incorporates mindfulness, parts work, and cognitive behavioral therapy modalities to assist clients with gaining insight, deconstructing narratives, reducing distress, and feeling empowered to connect with their authentic selves. Tati believes that her role as a therapist is to provide you with support on your healing journey as you discover what already exists within you, make decisions that feel right for you, and create meaningful change that you want for yourself.

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. Throughout her career, she has worked with clients from diverse backgrounds in crisis stabilization units, community agency centers, and outpatient programs. And now, private practice.

Tati is available to connect on Mondays, Tuesdays, Wednesdays, and Thursdays for *virtual or in-person sessions in Winchester, Virginia. She is also available for consultation on issues relevant to working with LGBTQ+ youth by request.

*Must be located in the state of Virginia.