



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.

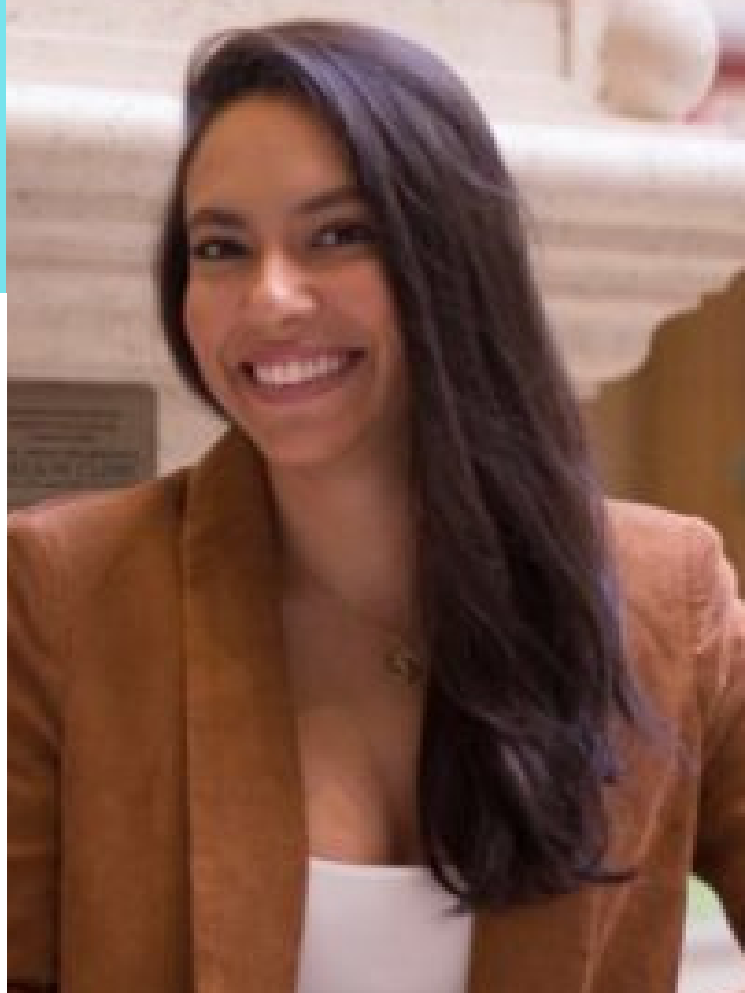
She has developed a particular interest and expertise in working with adolescents and young adults struggling with but not limited to: LGBTQ+ related issues, non-suicidal self-injury, and anxiety disorders.

**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/they/ella/elle

Bilingual: English/Spanish

Tati is a queer Latine licensed professional counselor in the state of Virginia. Throughout her career, she has worked with clients from diverse backgrounds in crisis stabilization units, community agency centers, outpatient programs, and private practice. Her professional focus and passion includes working with teens and young adults on topics relating to LGBTQ+ identity, anxiety, and/or trauma. She also works with parents of LGBTQ+ youth.

Tati is an LGBTQ+ affirming holistic therapist and soul healing coach. She uses a person-centered approach with a culturally responsive and trauma-informed lens in each session, which allows her to tailor aspects of different treatment modalities to each of her client's individual needs in an effort to assist them with gaining insight, deconstructing narratives, reducing distress, and feeling empowered to connect with their authentic selves. Tati believes that her role in each session is to provide her clients with support on their healing journey as they discover what already exists within them, make decisions that feel right for them, and create meaningful change that they want for themselves.

Tati earned her undergraduate degree in Psychology from James Madison University and her Master's degree in Mental Health Counseling from Nova Southeastern University. She is also EMDR trained and is currently working toward becoming a Certified Clinical Trauma Professional and a Certified Women's Circle Facilitator.

Tati is available to connect on Tuesdays, Wednesdays, and Thursdays for *virtual sessions. She is also available for consultation on issues relevant to working with LGBTQ+ youth by request. *Must be located in the state of Virginia.