

# Meet Lydia!

## Resident in Counseling

Pronouns: she/her  
Office: Falls Church & Virtual

\*\*Lydia is a proud member of the Inclusive Therapists Network.

\*\*Currently accepting new telehealth clients!



Lydia is a Resident in Counseling for Wise Family Wellness. Born and raised in Arlington County, she continues to find ways to make positive impacts in the lives of young people in her community. Empowerment and advocacy are the foundation for her work. She enjoys spending time with her close-knit family, listening to live music/concerts, watching movies, and spending time with friends. Lydia plans to begin traveling more often, to places she loves, specifically any beach.

Lydia completed her undergraduate degree in Criminal Justice at the University of Phoenix while working for the Arlington County Police Department, in the Criminal Investigations Division. Lydia has always desired to help make the lives of other people better. She knew from a young age that her “life’s work” would be to become a professional counselor. Lydia later sought out opportunities to change the direction of her career. She went on to become a Victim Advocate where she learned and practiced providing emotional support and direct services to victims of crime. This experience fueled her passion for helping people who are suffering.

Lydia obtained her Master’s degree in Clinical Mental Health Counseling from Capella University. She has worked collaboratively with children, families, and other care providers as a home-based and outpatient counselor. She has experience co-facilitating in a group setting of school-age boys, has provided parental support, supervised visitation, and participated in treatment team meetings. Lydia is pursuing licensure in Virginia as a Licensed Professional Counselor.



Specializes in:  
Teens ages 13 - 18 yrs. old

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