

# Meet Grace!

## Licensed Professional Counselor


Pronouns: she/her  
Office: Falls Church



Grace is a Licensed Professional Counselor at Wise Family Wellness who is passionate about supporting teens who are experiencing depression, anxiety, low self-esteem, self-harm, and suicidal thoughts. Grace deeply understands the challenges that teens face today, with navigating peer relationships, being told consistently who and what to be by the world around them, and feeling disconnected from their own identities. In her sessions, Grace provides warmth, understanding, humor, and guidance while helping teens get in touch with their true selves, explore areas in their lives that would benefit from positive change, and identify the best next steps in their recovery.

Grace's prior experience includes working in inpatient and outpatient hospital settings, and she is well-versed in supporting teens and families through navigating crisis situations and the different levels of the mental healthcare system. Depending on her client's needs, Grace will pull techniques from Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, and Dialectical Behavioral Therapy.

In her spare time, Grace enjoys spending time outdoors, cooking, traveling, exploring new restaurants and cafes, and reading. She also enjoys playing with her two kittens, Chickpea and Olive.

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**Specializes in:**  
**Teens ages 13 - 18**