

# Meet Cleo!

## Resident in Counseling

Pronouns: he/him  
Office: Alexandria

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




Cleo is a Resident in Counseling at Wise Family Wellness. He was born and raised in Wilmington, Delaware. He enjoys hiking and trying new foods. He loves to play video games and listen to podcasts during his free time.

Cleo believes that it is his role to uplift the community through advocacy, support, and intervention. He has always desired to collaborate with and assist individuals in goal setting, behavioral change, emotion regulation, and acceptance.

Cleo's experience working with teens and adolescents is extensive as he volunteered at his former elementary and middle school throughout his college career. In addition, his mentorship and event planning opportunities at the University of Delaware have made him well-suited to work with young adults. Further, he has experience providing therapy to children, adolescents, and adults from diverse backgrounds and continues to grow in cultural competency.

Cleo earned his B.A. in Psychology at the University of Delaware and his M.A. in Clinical Mental Health Counseling at The Chicago School of Professional Psychology. Currently, he is working towards becoming a Licensed Professional Counselor and a Certified Substance Abuse Counselor.

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