

Meet Deedra!

Supervisee in Social Work

Pronouns: she/her

Office: Alexandria &
Falls Church



Deedra believes in creating a safe and healing space for growth and exploration. She sees play as the language children use to express and process experiences and big emotions. Borrowing from a blend of relational, psychodynamic, expressive, attachment-based, and family systems approaches, she works with clients to compassionately explore their inner worlds, develop coping skills, and work through trauma. She is experienced in working with families from many different cultural and socioeconomic backgrounds and is committed to cultural sensitivity, inclusivity, and affirmation.

Deedra holds a Bachelor's degree from Seattle University and a Master of Social Work from Virginia Commonwealth University and is currently pursuing clinical licensure and play therapy training.

Deedra lives in Alexandria with her husband, daughter, and a Chiweenie rescue. She loves the beach, reading, reading at the beach and napping with her Chiweenie. She also enjoys spending time with extended family and friends, sharing meals and playing games.

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 www.thewisefamily.com



Specializes in ages
6-10 y/o and 11-13 y/o