



DEEDRA EVERETT, SUPERVISEE IN CLINICAL SOCIAL WORK

Meet Deedra! She is a Supervisee in Clinical Social Work and works with children and adolescents aged 5-13.

She is passionate about play therapy and believes that children express their inner worlds in play and that through play we can understand them, uncover and work through problems, and help them to thrive. Deedra has experience working with grief, trauma, anxiety, and depression. She has also been trained in multiple modalities including DBT, CBT, and Trauma-informed. She borrows from all modalities to help kids learn about their thoughts, feelings, and behaviors to become more self-regulated and happier.

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



DEEDRA'S BIO

Pronouns: She/Her

Deedra Everett is a Supervisee in Clinical Social Work at The Wise Family. She 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.