

Meet Kristin!

Graduate Level Intern

Pronouns: she/her
Office: Alexandria

****Currently
accepting new clients!**



Kristin, a queer, neurodivergent counseling intern, is diligently working on her master's in clinical counseling at Southern New Hampshire University. When she isn't making flashcards and writing research papers, she is usually hiking through the enchanted forest, playing ball with her service dog, Izzy, or cuddling with her little dog, Piper. As a bibliophile, Kristin loves to immerse herself in an exhilarating YA novel. She is a creative, so painting, writing, and drawing are ways she practices self-care, along with binge-watching her favorite show, Gilmore Girls.

She holds a B.A. in English/creative writing. As a lifelong "journaler," she encourages her clients to explore their internal worlds through writing, wrapped with the belief that words are a form of art that connects us to the deepest parts of pain, where the mind is often afraid to go. This allows time to process internal thoughts and dialogue through a creative modality.

Kristin is impassioned with providing a therapeutic environment that embodies safety, acceptance, and listening with intention. As an advocate for social justice, she wants her clients to know that no matter who they are and what their experiences have been, they deserve to feel safe, and that safe spaces are vital to healing. Bessel A. van der Kolk says, "being able to feel safe with other people is probably the most important aspect of mental health; safe connections are fundamental to meaningful and satisfying lives." Kristin's desire is for every client to feel validated and supported in their feelings of safety. With a strong focus on breaking the chains of generational trauma, she counsels through a family systems lens, incorporating trauma-focused cognitive behavioral, and solution-focused techniques. She utilizes art, play, and other creative, therapeutic approaches in sessions.

Kristin enjoys working with littles, tweens, and teens, and she offers support to the grownups who care for them. She holds space for clients who have experienced religious trauma and abuse while coming out as LGBTQIA in conservative environments, and she offers guidance to those who are feeling stuck in trauma, anxiety, and depression, and the complexities of ADHD. Therapy is not a "one size fits all" technique. She asks for each client to show up in whatever way resonates with their path, and she will meet you, and affirm your lived experiences in that safe space.



**Specializes in: young children 5
& under, children 6 - 10 and
tweens/teens ages 11 - 13.**

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 www.thewisefamily.com