

## **Anne Zeigler**

*When life seems out of control or just a bit too much to handle alone, it is common for things to unravel. My passion is to provide a place for healing, learning, and understanding. I help my clients, who include adolescents, adults and families, to find balance and strength while building healthy self-perceptions. My experience includes working with clients who have ADHD, anxiety, depression, Asperger's Syndrome as well as those experiencing difficulties stemming from loss, divorce, social skills difficulty, and issues with assertiveness. Another passion includes working with small groups to educate and support parents of children who have ADHD and/or high functioning autism spectrum disorders/Asperger's Syndrome. I view each client holistically and know that no single approach works for everyone. I collaborate with clients to determine goals and treatment that fit.*

*My educational background includes a Master of Science degree in Clinical Mental Health Counseling from Capella University and a Bachelor of Science in Business Administration from Morehead State University. I am also a Nationally Certified Counselor (NCC) working as a Resident in Counseling under the supervision of Steve Milgrim, LPC, LSATP.*

*I settled in Northern Virginia over 12 years ago when the Army decided my husband's assignment would be here. As a retired Army spouse, I am happy to be settled and love being part of such a diverse community.*