

*Sharlene Hamilton graduated from Argosy University with a Master's Degree in Clinical Mental Health Counseling and is currently a Resident in Counseling working towards licensure as a Licensed Professional Counselor. She has experience providing individual and group therapy to children, adolescents, adults and families. Sharlene has provided services to address anxiety, depression, peer relationship and social skills difficulties, ADHD, high functioning Autism Spectrum/ Asperger's Syndrome, oppositional behavior problems, grief & loss issues, parental separation/divorce, trauma, relationship difficulties, and social phobias. She uses a variety of techniques to include play and expressive therapies, Cognitive Behavioral Therapy and Solution Focused Therapy techniques and works to develop an individual approach to treatment with clients to help them navigate through their difficulties. She is an experienced group therapist with groups focused on helping children develop effective social skills using a variety of play and expressive therapy interventions. She is a compassionate professional who believes that people have the ability to know the answers to overcoming their problems when provided a safe and confidential environment. Sharlene believes a strong working relationship between client and counselor allows for trust and healing. Sharlene is a retired soldier and a military spouse. Professional Associations: American Counseling Association, Northern Virginia Licensed Professional Counselors, Virginia Counselors Association, and Chi Sigma Iota.*