

Karen Trivett, MAED

I am a Licensed Professional Counselor with over 12 years of experience working in the helping field. I am a 2006 graduate of Virginia Polytechnic Institute and State University, where I earned my Master of Arts in Education, Counselor Education. I have been employed as a Professional School Counselor in Prince William County since 2007, have been a Licensed Professional Counselor in the state of Virginia since 2019.

I have provided clinical services, and intensive in-home therapy to children and adolescents and their families for approximately 8 years while under the supervision of licensed professionals. I primarily work with children and their families, with a focus on strength based, person centered techniques that emphasize self-esteem, positive thinking and personal resilience. I have a great deal of experience with the school system and children experiencing behavioral challenges, emotional disturbance, learning disabilities, as well as AD/HD. My experience with adults and families include mindfulness based treatments, assisting with stress management, and successfully navigating the growing demands placed on families today.