

## Bio for Nicole Ronayne, MA., NCC

Nicole Ronayne attended The George Washington University and graduated with a Master's Degree in Clinical Mental Health Counseling. She is currently a Resident in Counseling and is working towards licensure as a Licensed Professional Counselor in the state of Virginia, under the supervision of Mr. Steven Milgrim, LPC, LSAPT. Nicole is a dedicated and passionate professional who believes in the healing power of connection, change, and individual empowerment. Her approach to counseling is based in theories that encourage personal exploration of ourselves, our experiences, and how we relate to others in order to gain valuable insight, awareness, and understanding that can begin to shed light on patterns of thoughts, emotions, and behaviors and internal conflicts. Nicole also believes in the importance of learning and using healthy/functional coping tools and skills that promote resiliency, self-regulation, positive self-esteem, and that work to better prepare us to navigate the ups and downs of life and/or the processing of painful memories or experiences without compromising ourselves. Clients working with Nicole can expect her to create a safe, compassionate, empathic, confidential, and collaborative space where clients are encouraged to take the time they need for themselves.

Nicole has experience providing individual and group therapy working with children, adolescents, and adults. She has experience providing services to address depression, anxiety, transition/adjustment issues, prenatal/perinatal/postpartum mental health issues, grief and loss, trauma, substance use, domestic violence, anger management, self-harm, stress, and relational issues. Nicole has also worked with persons involved with the legal system to include persons convicted of federal crimes and those on probation/parole.

Nicole is a Nationally Certified Counselor and is a member of the American Counseling Association, Virginia Counseling Association, and Chi Sigma Iota Professional Honors Society.