

Charidi Jamison, LCMHC-A

Charidi Jamison received a Bachelor's degree in psychology from Columbia College in Columbia, South Carolina, a Master's degree in School Counseling from McDaniel College in Westminster, Maryland, and a Post Master's Degree in Clinical Community Counseling from Johns Hopkins University in Baltimore, Maryland. She is currently in her 14th year as a school counselor. She has experience at the elementary, middle and high school levels. Her expertise lies in developing strong relationships based on trust and mutual respect. She has worked at comprehensive schools and an alternative school. Working in an alternative school has given her experience as a Crisis Counselor and has allowed her to gain an understanding of motivation and how to use it to promote changes in behavior. As she gets to know students and families, she will help the students become more self-aware and challenge self-defeating thoughts. As a Licensed Clinic Mental Health Counselor-Associate working in a private practice, she assists children, teens, and families in their search of healing and wholeness by providing counseling to improve health in mind, body and spirit. She believes that healing comes in examining the various dimensions of our lives including physical, mental and emotional health, lifestyle choices, environmental factors, relationships and spiritual life. She works with individuals by listening to their stories, helping them to find meaning out of life's experiences, and working with them to assist them in rewriting the stories of their lives. She journeys with individuals to heal past wounds surrounding trauma and helps them to look forward to living, with hope. She has worked with teens and young adults who were growing up in group homes, women, children and teens who struggle with anxiety, depression, and family conflict- to work on setting boundaries with others and caring for themselves. She uses an Integrative approach to counseling, blending techniques from Cognitive-Behavioral Therapy, Mindfulness based Cognitive therapy, Family Systems theory and Psychodynamic theory. She has a special interest in exploring the connection between the emotional, physical and spiritual dimensions of wholeness as they relate to finding success in relationships and life. She considers the whole person and explores how each person makes meaning out of their life and life's experiences. She works with clients to rediscover their inner strength and their power to live more fulfilling lives.