



Sean D. Washington, MA

Clinical Therapist

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Sean earned his Bachelor of Arts Degree in Psychology from North Carolina A&T State University in Greensboro, North Carolina in 1997. He later went on to earn a Master of Arts Degree in Counseling from Liberty University in Lynchburg, VA in 2016. Sean offers 25+ years of mental health experience from a variety of settings including: group homes, secured mental health facilities, schools, after schools and outpatient services. Sean has also provided services ranging from child and adult case management to working in church ministry and community outreach with youth and adults.

Sean's direct counseling skills include providing individual and group Psychotherapy services to children, adolescents and adults to assist with managing severe mental health symptoms such as depression, mood disorder, anxiety, defiance, anger/aggression, social/relationship problems, difficulty with communication and attention deficit. Sean utilizes his post graduate skills to earn rapport with his clients in order to promote a trusting and intimate environment conducive for growth.

Sean's training includes Cognitive Behavioral Therapy (CBT) and Behavioral Modification (BMod), in addition to utilizing relaxation/meditation techniques with some play therapy to assist in his client's success. Sean believes that by developing an open and honest relationship between the therapist and client, change will occur.