Martia Edwards, MS, LCMHC-A

Martia Edwards received a B.A. in Psychology and a M.S. in Clinical Mental Health Counseling from North Carolina Agricultural and Technical State University. She utilizes a holistic approach in her therapeutic work with clients. She is passionate about bringing growth, healing, and empowerment to children and their families so that they can live happy and healthy lives. Martia often utilizes Play therapy, Cognitive Behavioral Therapy and Person-Centered Therapy when working with children. She often incorporates some form of expressive arts during sessions such as journaling, painting, and different forms of movement. Her professional interests focus on children with behavioral issues, emotional and adjustment disorders, and anxiety. Martia is currently pursuing the Registered Play Therapist (RPT) credential and she serves as a board member for the North Carolina Association of Play Therapy.