

CRESCENT COUNSELING & CASEWORK SERVICES INC.
708 S. Rosemont Road Suite 203
Virginia Beach, Virginia 23452
Phone: (757) 431-0105/Fax: (757) 431-0106

PROFESSIONAL DISCLOSURE STATEMENT

Introduction

My name is RaQuisha Holmes and I am a Licensed Professional Counselor. I received my masters in counseling from a CACREP accredited university and completed a 4,000 hour residency in counseling. My clinical experience includes counseling at-risk youth receiving intensive in-home services, providing therapy to individuals and families suffering from grief and bereavement, in addition to providing outpatient therapy services to individuals with various mental health issues. I also have experience providing group therapy to children, adolescents and adults. I am currently receiving specialized training in play therapy, and I use various interventions to reach clients.

Credentials and Experience

Licensed Professional Counselor #0701006651
National Certified Counselor #283607

Virginia Board of Counseling
National Board of Certified Counselors

Specialized Training

- Play Therapy

Areas of Experience:

- Individuals:
 - Grief and Loss
 - Attention-Deficit/Hyperactivity Disorder (ADHD)
 - Mood Disorders (Depression, Anxiety, Bipolar, etc.)
 - Disruptive, Impulse Control, and Conduct Disorders
 - Anger Management/Stress Management
 - Intellectual Developmental Disorders
 - Personality Disorders (Borderline, Obsessive-Compulsive, Antisocial, etc)
 - Schizophrenia and Psychotic Disorders
 - Trauma (Posttraumatic Stress Disorder, Adjustment Disorder, and Acute Stress Disorder)
 - Self-Injury/Self-Mutilation
 - Self-Esteem
- Family
 - Conflict Resolution
 - Structural Family Therapy
 - Solution-Focused Therapy
- Groups:
 - Grief and Bereavement Groups
 - Stress Management and Wellness Group

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- **Theoretical Orientation-**My clinical orientation is primarily two evidenced-based theories: Cognitive Behavioral Therapy (CBT) and Solution Focused Brief Therapy. CBT helps the client change maladaptive thought patterns and behaviors. Interventions are used to challenge client beliefs and errors in thinking. My work with clients helps them learn and implement coping strategies and eliminate self-defeating thoughts and behaviors. Solution-Focused Brief Therapy helps clients manage difficult symptoms and cope with challenges that he or she faces on a daily basis. Interventions are used to help the client focus on strengths and recognize practical steps that can be taken to promote change. In addition, I may also use play therapy techniques during individual and family sessions. Play therapy is a structured approach that helps clients express emotions and thoughts in a non-verbal fashion. It can also be used to promote cognitive development and provide insight about inner conflicts and dysfunctional thinking.
- **Ethical Guidelines-** The practices of this office adheres to the professional standards of the American Counseling Association and The National Association of Social Workers in addition to Virginia Department of Behavioral Health and Disability Service's licensing regulations.

Client Signature _____ Date: _____

Parent/Guardian/Authorized Representative Signature _____ Date: _____
(If applicable)

Therapist Signature _____ Date: _____

RaQuisha Holmes, LPC, NCC, LMHP