

# About Me

Alyssa Goodson is a highly skilled and compassionate Licensed Graduate Counselor in the state of Maryland, holding a Master's degree in Clinical Mental Health Counseling. With a background in the mental health field since 2019, Alyssa brings a wealth of experience working with clients across diverse age groups, specializing in therapy for young adults (ages 18-45), parents, and those navigating major life transitions.

Her expertise includes treating individuals coping with PTSD, depression, anxiety, OCD, grief, and other transitional issues. Alyssa uses an integrative therapeutic approach, with a strong foundation in psychodynamic theory, attachment theory, and mindfulness techniques. She is passionate about guiding individuals on their healing journeys, helping them reconnect with their inner child, break generational cycles, and find balance and peace during difficult times.

Alyssa's commitment to her clients is rooted in a deep understanding of the complexities of trauma, anxiety, and life changes, which allows her to offer a safe and supportive environment for those seeking personal growth and transformation.

Outside of her practice, Alyssa enjoys immersing herself in a good book, practicing yoga, and refining her amateur baking skills.