



About Me

LaTasha Mann is a Licensed Graduate Professional Counselor (LGPC) practicing in the state of Maryland. Her therapeutic approach is designed to help clients identify, challenge, and navigate unhelpful thinking patterns, manage emotional ups and downs, and build healthy coping strategies that support everyday life.

With a strong background in education and over two decades of experience working with young people and families, LaTasha brings patience, understanding, and compassion to her work. She specializes in working with individuals navigating trauma, depression, anxiety, low self-esteem, ADHD, life transitions, and relationship challenges, as well as high-functioning adults who may be feeling overwhelmed by the demands and responsibilities of everyday life.



Through cognitive, dialectical, and psychodynamic approaches, LaTasha helps clients challenge limiting beliefs, strengthen emotional resilience, and create meaningful improvements in daily life. Her goal is not only to help clients feel better in the present, but also to empower them with tools they can carry forward long after therapy ends.



Clients describe LaTasha as warm, approachable, and encouraging. She is passionate about creating a safe, supportive, and nonjudgmental environment where clients feel comfortable exploring challenges, building self-confidence, and achieving meaningful growth. LaTasha truly believes in the power of therapy to cultivate healing, balance, and long-term well-being.

