

About Me

Michael McGill, Jr., LGPC is a nationally certified therapist who works with individuals and couples to strengthen relationships, build emotional insight, and navigate life transitions.

With a clinical background from Johns Hopkins University and prior experience as a financial educator, Michael brings a unique lens to therapy—blending relational insight, financial wellness, and trauma-informed care.

He specializes in supporting clients facing anxiety, low self-esteem, grief, trauma, and relational conflict. Michael has a particular passion for couples therapy, helping partners improve communication, rebuild connection, and deepen emotional intimacy.

Using both cognitive-based and psychodynamic approaches, he helps clients break negative patterns, reconnect with their inner resilience, and cultivate healthier, more fulfilling lives.

Michael's approach is warm, direct, and affirming—creating a space where clients can grow with clarity and confidence.