



Allison Miller, LCSW

Allison Miller is a dedicated Licensed Clinical Social Worker specializing in adult mental health. With a profound commitment to supporting individuals grappling with various challenges, including depression, mood disorders, anxiety, traumatic stress, life transitions, and substance or alcohol use, Allison provides compassionate and effective therapeutic interventions.

She earned her Master's degree in Clinical Social Work from George Mason University, where she developed a strong foundation in evidence-based practices and therapeutic techniques. Allison believes in fostering a collaborative therapeutic alliance, wherein clients feel empowered to explore their difficulties within a safe and nonjudgmental space.

Drawing from her diverse training and clinical experience, Allison tailors her approach to meet the unique needs of each individual. She incorporates a range of modalities, including cognitive behavioral therapy, dialectical behavior therapy-informed techniques, motivational interviewing, and mindfulness-based interventions.

In her practice, Allison prioritizes open communication and transparency. She begins each therapeutic journey by attentively listening to her clients' concerns and collaboratively setting goals for their sessions together. Her empathetic and client-centered approach fosters a supportive environment where clients can embark on their path to healing and personal growth.

For Allison, therapy is not just about addressing immediate challenges; it's about equipping clients with the tools and insights they need to navigate life's complexities with resilience and self-awareness. Whether you're seeking support for managing symptoms, processing past traumas, or enhancing your overall well-being, Allison is dedicated to guiding you towards a more fulfilling and balanced life.

Contact Allison Miller, LCSW, today to begin your journey towards greater mental health and emotional well-being.