



Joanna Lynch, LPC

Joanna Lynch, LPC is a Licensed Professional Counselor with over eight years of experience in the mental health field. Joanna enjoys working with young adults, individuals, and seniors dealing with a variety of issues including depression, anxiety, insomnia, ADHD, bipolar disorder, stress, divorce, life changes, grief, personal loss, weight and eating concerns, and relationship difficulties. Joanna is a native Virginian who earned her bachelor's degree at James Madison University and her masters at the College of William and Mary. She values being able to help people work towards achieving their goals and offer a supportive and encouraging environment. She tailors her approach based on the needs of each person drawing from a client centered, cognitive-behavioral, and dialectical-behavioral theoretical background. During her first session, she will discuss what brings you to treatment and decide together if you and she are a good fit. Joanna believes that it is important to address all aspects of your health and wellness. She is excited to be a part of a private practice that includes psychiatrists in order to be able to work collaboratively to offer comprehensive mental health services.