

Cherdell Washington Joins Sun Point Wellness Center, Offering Compassionate Counseling and Expertise



Lancaster, Pennsylvania Oct 5, 2023 ([Issuewire.com](https://www.issuewire.com)) - Sun Point Wellness Center is delighted to welcome [Cherdell Washington](#) to their growing team of dedicated counselors. Cherdell's unique background and wealth of experience make her a valuable addition to the center, reinforcing Sun Point

Wellness Center's commitment to providing exceptional counseling services in Lancaster, PA.

Cherdell's journey into becoming a therapist was deeply influenced by her upbringing in inner-city Philadelphia, where she witnessed and experienced hardships, trauma, and poverty. Her personal experience of feeling ashamed to seek help served as a powerful catalyst for her to pursue a career in therapy and help others overcome their own challenges.

Cherdell brings a diverse range of experience from various counseling settings. She has worked as a Mental Health Technician in Franklin County for several years, gaining valuable insights into the field of mental health. Furthermore, she has served as a Youth Counselor and Child Counselor for Domestic Violence victims, working in Cumberland and Perry Counties. Cherdell has also held the role of a Blended Case Manager in York County, providing critical support to individuals in need. Currently, she serves as a Multisystemic Therapist at Adelphoi, where she works with youth, families, and key participants in York County.

One of the key influencers in Cherdell's life was Dr. Campbell, who taught social psychology at Shippensburg University. His teachings emphasized the interconnectedness of humanity and the universal desire to belong. Cherdell learned the importance of mindfulness and awareness of how individuals impact each other's lives through their actions.

Cherdell is renowned among her clients for her empathic, self-aware, accepting, optimistic, and confident approach to therapy. During her sessions, she utilizes a combination of person-centered therapy and Cognitive Behavioral Therapy. Her belief in the client as the expert of their own life guides her in providing spirited guidance, and emotional support, and fostering a genuine therapeutic alliance. Cherdell's aim is to inspire clients to freely express themselves, gain independence, and ultimately empower themselves to overcome life's challenges.

Cherdell's expertise spans Family Therapy, Trauma Therapy, Depression, LGBTQ Mental Health, Grief Counseling, Adolescent Development, Child Development, Interpersonal Relationship Management, and Gerontology. In the final stages of her studies, she applied for and earned the position of Masters Level Multisystemic Therapist based on her experience, education, confidence, and willingness to learn.

"Sun Point Wellness Center is excited to have Cherdell on board strengthening our team of compassionate counselors in Lancaster," said Sun Point's founder Laura Morse. "Her dedication to making a positive impact on the lives of others aligns perfectly with the center's mission to provide exceptional counseling services."

For more information about Cherdell Washington and services offered at Sun Point Wellness Center, please, visit <https://www.SunPointWellness.com> for a free consultation, or to make an appointment for counseling in person or virtually online.

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Source : Sun Point Wellness Center is a leading provider of mental health services in Lancaster, Pennsylvania. Their team of experienced therapists and counselors is committed to helping individuals, couples, and families achieve their mental and emotional well-being goals. They offer a wide range of evidence-based therapies and a client-centered approach to ensure personalized care for each individual.

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