



Tatiana Matthews' Bio

Since 1998, Tatiana Matthews has been sharing hope, humor, and professionalism with her clients. She is a Licensed Professional Counselor (LPC) and a Certified Rehabilitation Counselor (CRC) in Georgia and North Carolina. She is the clinical director of Atlanta Specialized Care.

Mrs. Matthews obtained her master of science from East Carolina University, where she majored in clinical rehabilitation counseling with a specialty in addiction and mental health. While acting as a consult liaison in the main medical hospital, she completed her clinical internship in the alcohol and addiction program and the psychiatric unit at Duke University Medical Hospital.

Following her internship, Mrs. Matthews practiced privately with East Coast Counseling in Greenville, North Carolina. In addition, she served as research director for a "Brief Intervention" study conducted through the East Carolina Injury Prevention Program at Pitt Memorial Hospital in Greenville.

In 2000, Mrs. Matthews moved to north Georgia and worked on a contractual basis for Ridgeview Institute's mobile assessment team in Smyrna. She was one of the founding partners of North View Counseling & Recovery, Inc., where she practiced for almost 10 years. After retiring from North View in August 2010, Mrs. Matthews began practicing independently in Alpharetta.

Mrs. Matthews addresses the mind, body, spirituality, family systems, vocation, and hobbies. When requested by a client, she can integrate a Christian perspective into the therapy process. She is client-centered and develops a series of interventions that are challenging without being shaming.

Mrs. Matthews provides individual, family, and group therapy to adults and adolescents. She has extensive experience in the areas of addictions, co-dependency, trauma, mood regulation, ADHD, autism spectrum disorders, and learning disabilities.

Mrs. Matthews has specialized training in eye movement desensitization and reprocessing (EMDR), as well as dialectical behavioral therapy (DBT). EMDR is a therapeutic technique used to address trauma, while DBT teaches emotional regulation.

Mrs. Matthews is also the author of Fred the Fox Shouts "NO!", an adult's guide to speaking to children about sexual abuse prevention. Fred the Fox helps parents and caregivers introduce the concepts of "private parts" and safety with people we know. With the help of illustrations by Allison Fears, Fred the Fox helps children learn to recognize and avoid sexual abuse and helps protect them by teaching them what to do. Fred the Fox Shouts "NO!" is available for purchase at Amazon.com.