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# MOVING FORWARD, PLC

Michele T. Cole, Ph.D., LCSW

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Dear Moving Forward Community,

As the school year winds down and summer begins we can look forward to family fun and new adventures on the horizon. There will be lots of transitions for us all as we leave our daily routine of school and work, go on vacations, start new camps, and hopefully find some lazy days.

It is so important to create a new schedule daily for everyone to decrease anxiety. Let's all make time for relaxing days at the pool to swim and exercise, find a spot at home to read the day away or bake our favorite snack to nourish our body. We are always here for you...welcoming new clients and inviting old clients back to our community to help you all thrive! Wishing you all a great summer!

My Best,  
Dr. Michele  
Michele Cole, PhD, LCSW

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## Meet the Exciting New Additions to Our Team!



**Sonia Gupte, LPC**  
**Licensed Resident in**  
**Counseling**

Sonia is a Licensed Resident in Counseling



**Lauren Fuller, LMSW**  
**Licensed Master Social Worker**

Lauren is a Licensed Master Social Worker (LMSW) in Virginia. She

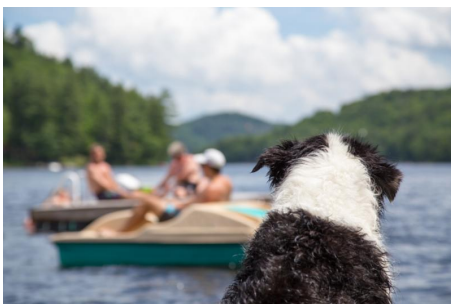
in the State of Virginia with a Master's of Arts degree in Clinical Mental Health Counseling through The Chicago School of Professional Psychology. She has worked in a diverse array of settings with primarily children, teens, and families. Additionally, she is a certified fitness and nutrition coach specializing in guiding individuals to feel their best and gain confidence. Her experiences have given her plenty of insight to strengthen her holistic, person-centered view of individuals and their lives.

Prior to Moving Forward PLC, Sonia has worked in the private practice setting providing treatment to children, teens, young adults, and families. She has run groups for various age groups from elementary school to young adults. Additionally, Sonia has worked as an Applied Behavior Analysis (ABA) therapist for children on the autism spectrum, a Montessori co-teacher for toddlers, and a children's cooking instructor. She has gotten to see individuals & family systems of diverse backgrounds across several different settings, and always considers how one's environment, culture, and lifestyle affects their mindset and behaviors. She has experience working with individuals with anxiety, ADHD, depression, grief, body image issues, trauma, family and couple conflict, and social issues.

Sonia works through a Cognitive Behavioral Therapy (CBT) lens with a strong focus on guiding individuals in creating healthy and affirming narratives for themselves. Sonia believes in empowering clients to take charge of their lives, and believes that being vulnerable and open to working on mental health is one of the strongest things a person can do. She loves celebrating her clients wins, big and small, and connecting with them through empathy, creativity, humor, and hands-on modalities. She sees the therapeutic relationship as collaborative and confidence building!

completed her Bachelor of Psychology and Sociology degree, as well as her Master of Social Work degree at the University of Pittsburgh. She completed field work at UPMC Western Psychiatric Hospital in the inpatient hospital setting, working with both adolescents and adults. Lauren also gained experience working with children and adolescents on emotional regulation, mental health, and substance use in elementary and high school settings throughout the Greater Pittsburgh area. Lauren is currently a Social Work Resident working towards independent clinical licensure under the supervision of Dr. Michele Cole, LCSW.

Prior to transitioning to Moving Forward PLC, Lauren worked in child welfare and has experience utilizing a family-systems approach. Lauren enjoys working with clients of all ages to address challenges such as anxiety, depression, ADHD, grief, life transitions, intimate partner violence, emotional regulation, and self-esteem. She uses a variety of treatment approaches in her therapeutic practice to include: Mindfulness, Strengths-based, Cognitive Behavioral Therapy (CBT), trauma-informed and person-centered care. Lauren is also passionate about working with the LGBTQIA+ community and providing all clients with a safe space. Lauren takes a holistic approach and meets clients wherever they are in their journey, offering empathetic and unwavering support to achieve their personal goals.



## Summer Fun in Alexandria!

Just because you might be home this summer, doesn't mean you need to stay inside. **Here** are some fun things to do in the Alexandria area to keep your summer fun!



## Strategies for a Successful Summer Break

Check out **this** article for tips to manage your kids' downtime to help make summer relaxing for everyone!



## How Summer Can Affect Our Mental Health

This article is helpful in highlighting some of the scary things about making the change to summer break. But also, emphasizing all the amazing parts of summer that can help us thrive in our day-to-day!

[movingforwardplc.com](http://movingforwardplc.com) | (571) 483-0306  
[mcole@movingforwardplc.com](mailto:mcole@movingforwardplc.com)

Moving Forward, PLC | 117 S. St. Asaph Street, Alexandria, VA 22314

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