



Dr. Chinwé Williams

Dr. Chinwé Williams is the founder and owner of Meaningful Solutions Counseling & Consulting. She is a Licensed Professional Counselor (LPC), a Board-Certified Counselor and a Counselor Educator & Supervisor. She earned her Doctorate in Counselor Education & Practice from Georgia State University and her Master's degree in counseling from The University of Georgia.

With more than 15 years of experience working with adolescents, young adults, adults, couples, and families, Dr. Williams utilizes a warm, collaborative, light-hearted and strength-based approach to counseling. She is trained to provide anxiety counseling, depression and relationship counseling. She is also an expert in treating childhood and relational trauma and wounding. She is extensively trained in EMDR therapy, a well-researched brain-based therapy for healing trauma. She is devoted to helping people to resolve old, unhealthy patterns of thinking and behaving that prevent them from reaching their full potential. As a result of this solution-focused approach, clients report feeling more empowered to make more mindful and positive decisions about the direction of their life.

In addition to clinical work, Dr. Williams is an Executive Coach and has taught master's and doctoral students in several different graduate counseling programs over the past decade. Her research interests include individual, family, group, and counselor growth and development. She is an invited speaker and has presented or co-presented at numerous conferences at the local, state, national, and international levels. Dr. Williams has written several articles and blogs in the areas of mental health, parenting, trauma therapy, wellness, and self-worth.