

DR. VICTORIA SHEDRICK, LPC

www.drvectoriashedrick.com



PROFESSIONAL BIO

Dr. Victoria Shedrick is a licensed therapist, educator, writer, and speaker whose work bridges faith, emotional wellness, and identity. With over two decades of experience in clinical counseling, supervision, and training, she is passionate about helping others navigate trauma, grief, and transformation with clarity and grace.

As founder of Key Counseling, Coaching & Consulting, Dr. Shedrick has built a reputation for delivering culturally sensitive, trauma-informed, and spiritually grounded guidance that supports healing and empowerment—especially within marginalized communities. Her expertise extends across clinical consultation, therapist mentoring, and organizational partnerships that promote equity-centered, trauma-informed care.

Beyond her practice, Dr. Shedrick serves as an adjunct professor in Clinical Mental Health Counseling at Lenoir-Rhyne University, where she equips emerging counselors with the practical skills and emotional insight needed for compassionate work. Through books, digital content, and her dynamic speaking engagements, she invites audiences to reflect deeply, embrace renewal, and move toward wholeness—honoring both vulnerability and resilience along the way.

EDUCATION/CREDENTIALS

- University of South Carolina, M. Ed., School Counseling & Ed. S., Counselor Education
- Argosy University, Ed. D., Counseling Psychology
- Licensed Professional Counselor (LPC) in SC & GA
- Licensed Professional Counselor Supervisor (LPCS) in SC
- Certified Professional Counselor Supervisor (CPCS) in GA
- Certified Clinical Trauma Professional (CTTP)
- National Certified Counselor (NCC)

PUBLIC APPEARANCES & CORPORATE SPEAKING ENGAGEMENTS

- Achieve Atlanta
- Central Piedmont Community College
- Charlotte Airport
- Imagine Software
- Inlivan (Charlotte Housing Authority)
- Lending Tree
- Pain to Triumph
- Planned Parenthood
- Richland One School District
- University of South Carolina
- USC Children's Law Center
- Wake County Government
- WIS-TV

SPEAKING TOPICS

Trauma, Stress, and the Nervous System: Practical Tools for Daily Regulation

-To help participants understand how stress and trauma impact the nervous system and to provide practical tools for emotional regulation.

Work-Life Balance Isn't a Myth — It's a Skill

-To reframe work-life balance as a learnable skill and provide tools to reduce burnout.

Mental Health Support in Times of Uncertainty and Transition

-To support individuals navigating uncertainty and change with trauma-informed mental health tools.

Other topics are available upon request.

KEY COUNSELING, COACHING & CONSULTING

www.keycounselingcc.com

SOCIAL MEDIA



@keycounselingcc



@dr.v_speaks



TESTIMONIALS

Joyce McGarry, McLaughlin Young Group

"After working with Dr. Victoria Shedrick for the past few years for several of our training programs and conferences, I have to say it has been an absolute delight. Her professionalism is extremely valuable as she responds to requests quickly, shows up for events early and well prepared. I know our clients are in good hands when they are working with Dr. Shedrick. It is also a joy to see Dr. Shedrick in action as she captivates the audience with her ability to make them feel comfortable with what ever topic she is presenting. The audience feels they are meeting with a knowledgeable, trusted friend and are comfortable and welcoming to hear what she has to say. Dr. Shedrick is talented in so many ways and I am honored to be able to partner with her and to have her work with our clients!"



Lesia Coaxum, Pain To Triumph

"I had the pleasure of hearing Dr. Shedrick speak at a black history month program in Columbia, S.C. Her speech was remarkable and resonated with me, so that I felt as if she was directly speaking to me. After hearing her speak and being moved by her speech, I reached out to her. I asked her to speak at my non-profit cancer support organization virtual mental health talk. She agreed and the talk was amazing. She created a safe space and made a real true connection with our viewers. Our viewers were very engaged with her and asked some hard personal questions. This was important as it led to understanding and education which was the purpose of the mental health talk. Dr. Shedrick is phenomenal at her profession and our organization was blessed to have her speak at our virtual event".

