

KEY COUNSELING, COACHING & CONSULTING



PROFESSIONAL BIO

Dr. Victoria Shedrick, is a licensed professional counselor and owner of Key Counseling, Coaching & Consulting, a private counseling practice in Columbia, SC, where she specializes in women's mental health, trauma therapy and faith-based counseling. She has nearly 20 years of experience working as a counselor and mental health professional in school, clinical and community settings. Dr. Shedrick is licensed in South Carolina and Georgia, and has licenses in both states as a counseling supervisor, certifications as a National Certified Counselor, Certified Clinical Trauma Professional and training in EMDR Therapy. She is most passionate about working with women to help them achieve healing from childhood trauma, toxic relationships, and workplace and racial trauma. Aside from running her counseling practice, Dr. Shedrick is also an Adjunct Professor at Lenoir-Rhyne University, where she teaches graduate students in the Clinical Mental Health Counseling Program. When she is not working, she enjoys engaging in self-care activities, such as yoga, reading, being outdoors and enjoying a nice cup of tea.

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 (CCTP)
- 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

- Building Your Resiliency Muscles
- Coping with Change
- Coping with Holiday Stress
- Dealing with Difficult People
- Effectively Managing Time
- Grief & Loss
- Keys to Better Communication
- Overcoming Compassion Fatigue & Burn-out
- Self-care for Professionals (Educators, Medical Professionals, First Responders)
- Stress Management
- Work/Life Fulfillment

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SOCIAL MEDIA



@keycounselingcc



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".

