

Joyce Carter, Psy.D, LMHC, CCTP, CFP is the Director of Wellness at Resilient Retreat. Dr. Carter has been in the clinical and healing profession for over 20 years, working with individuals and families who have experienced significant trauma. She has a Bachelor's Degree in Therapeutic Art and Dance and a Master's Degree in Counseling from Virginia Commonwealth University. Dr. Carter is also a Licensed Mental Health Counselor. Her passion for self-care, preventing burnout, and living one's best life through mindfulness and positive psychology inspired her to earn a Doctorate in Psychology.