



Dominique McLaughlin is a Licensed Professional Counselor born in Washington, DC to the late Brenda Carter and Joseph McLaughlin. She currently lives in Louisa County, Virginia.

Dominique earned a Master of Arts in Mental Health Counseling with a specialty in deafness from Gallaudet University. She also attended Christopher Newport University and graduated with a Bachelor of Science in Psychology. Throughout her professional career, Dominique has worked in a variety of behavioral health settings including at the Hampton-Newport News Community Services Board as the Regional Coordinator of Deaf Services and the Region Ten Community Services Board as the Program Manager of Access and Adult Clinical Services. She also provides clinical supervision to Residents. Dominique has also worked in Fairbanks, Alaska where she provided rural outreach mental health services to the Native Alaskan and the Deaf Eskimo population.

While working in these settings, Dominique provided a wide variety of behavioral health services which included comprehensive assessments, individual therapy, group therapy, emergency services and crisis intervention services. Dominique uses a strengths-based, solution-focused approach. She is passionate about Self-Care and Eldercare. A former caregiver to both her grandmother and mother, Dominique acknowledges that caregiving was the most challenging yet rewarding experience of her life. This personal experience has deepened her passion for supporting caregivers and promoting self-care and well-being.

Dominique is known for her strengths-based, solution-focused approach and is deeply committed to helping others navigate the complexities of eldercare while giving priority to their own well-being, ensuring the caregiver receives the support they need. She is a pickleball enthusiast and enjoys being outdoors.