



# ALEXIA N. SMITH, MS, LGPC, CTP

**Mindset Coach | Licensed General  
Counselor | Trauma Expert**

Alexia N. Smith is a licensed general counselor in the state of Maryland, mindset coach, and Owner of the mental/spiritual health incubator The Divine Perseverance. The cornerstone of her work is to help goal-oriented women disrupt anxiousness and fear, understand their Divine purpose, and manifest the lives they desire without anxiety or guilt.

Alexia created "The D.I.V.I.N.E. Framework", a six-pillar mindset shifting process she uses with clients to help them gain a new, compassionate awareness of who they are today, what they've overcome, and form a sustainable self-confidence practice which allows them to continuously overcome unconscious fears. This framework was developed after noticing a common theme among her clients suffering from anxiousness, stress, and dissatisfaction with life. It also integrates the emotional, mental, and spiritual strategies she acquired while healing from her own unresolved childhood traumas.

Alexia spent her early professional years as a market research professional but shifted her inquisitiveness and spirit of concern to serving others. She's served in leadership positions at the Maryland Higher Education Commission, Johns Hopkins University and Medicine, and continues to serve as a Grief and Bereavement Counselor for Mercy Medical Center in Maryland. She has been recognized as a National Board of Certified Counselors (NBCC) Fellow and served as a speaker and facilitator on topics such as healing from racial trauma, love and relationships, body acceptance, and creating a vision for one's life.

Alexia holds a Master's of Science in Clinical Mental Health/Pastoral Counseling from Loyola University Maryland, and a Bachelor's of Arts in Psychology from Georgia State University. She also holds a Certified Trauma Professional (CTP) credential which indicates specialized training in recognizing and treating more acute forms of trauma such as PTSD. She is originally from Atlanta, Georgia, and currently resides in the Yucatan region of Mexico, where she is fulfilling her lifelong dream to live as a global expat.

## *Services:*

Group/Individual  
Coaching &  
Therapy • Speaking  
Engagements •  
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## *Specializations:*

Anxiety/Fear •  
Childhood  
Trauma • Career  
Counseling •  
Spirituality



THE DIVINE  
*Perseverance*

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