



Therapy and professional development services that honor the lives of Black and Brown people.

Sage Wellness and Consulting is a therapy and wellness practice that serves virtual* clients, as well as the Washington D.C., Maryland, and Virginia area.

We educate organizations that serve students of color on how to create culturally inclusive learning environments.

We empower Black and Brown children and young adults to be wise and well.

** In-person appointments will resume early 2022.*

FIND OUT HOW

WHO WE SERVE

Education-based Organizations

Care and justice can shape childhood education. We're committed to helping your organization lead the way in social justice and education transformation.

LEARN MORE

Individuals & Families

We cater to clients with diverse cultural backgrounds because you deserve to show up in the world as who you truly are, without hesitation or explanation.

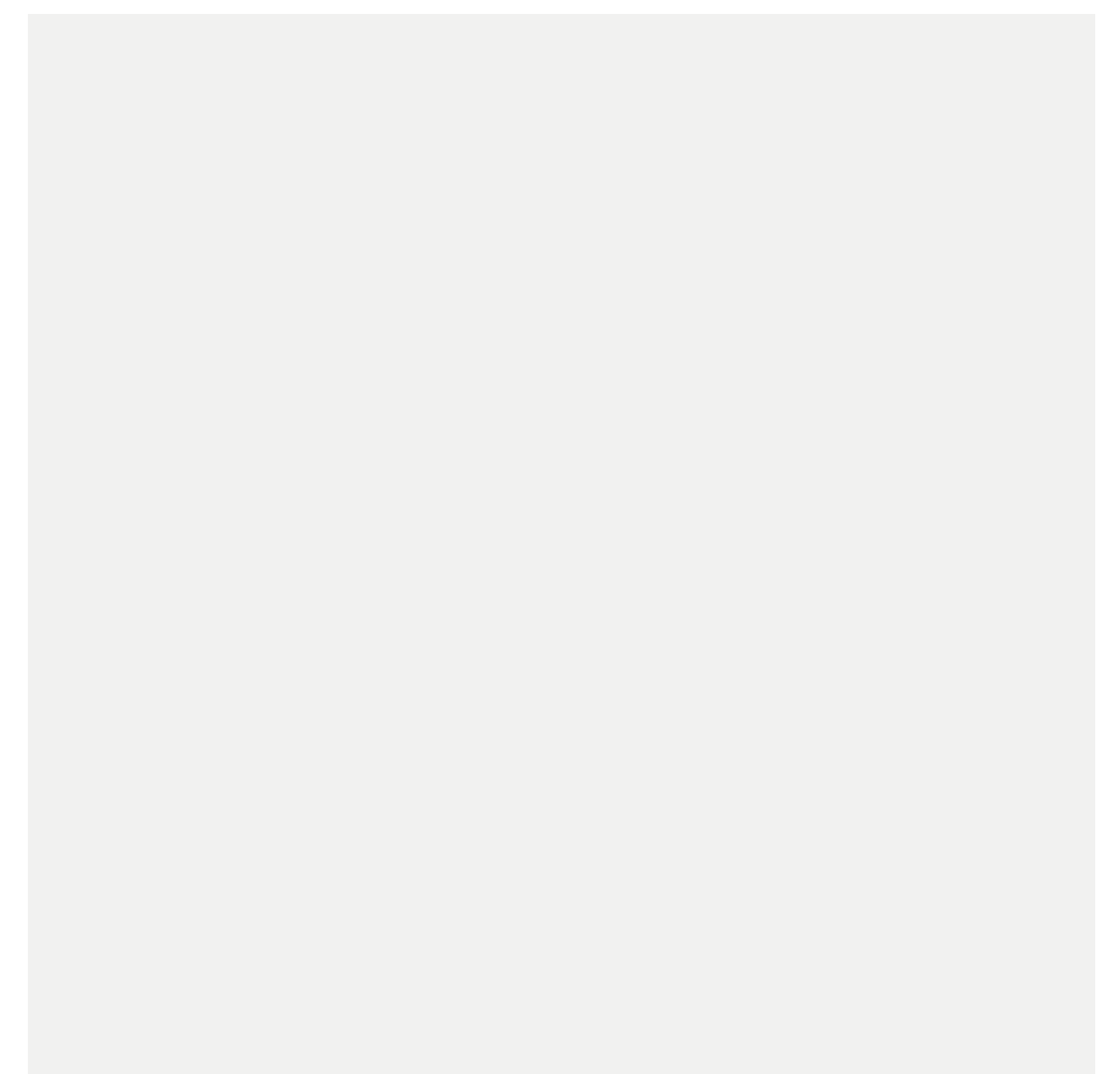
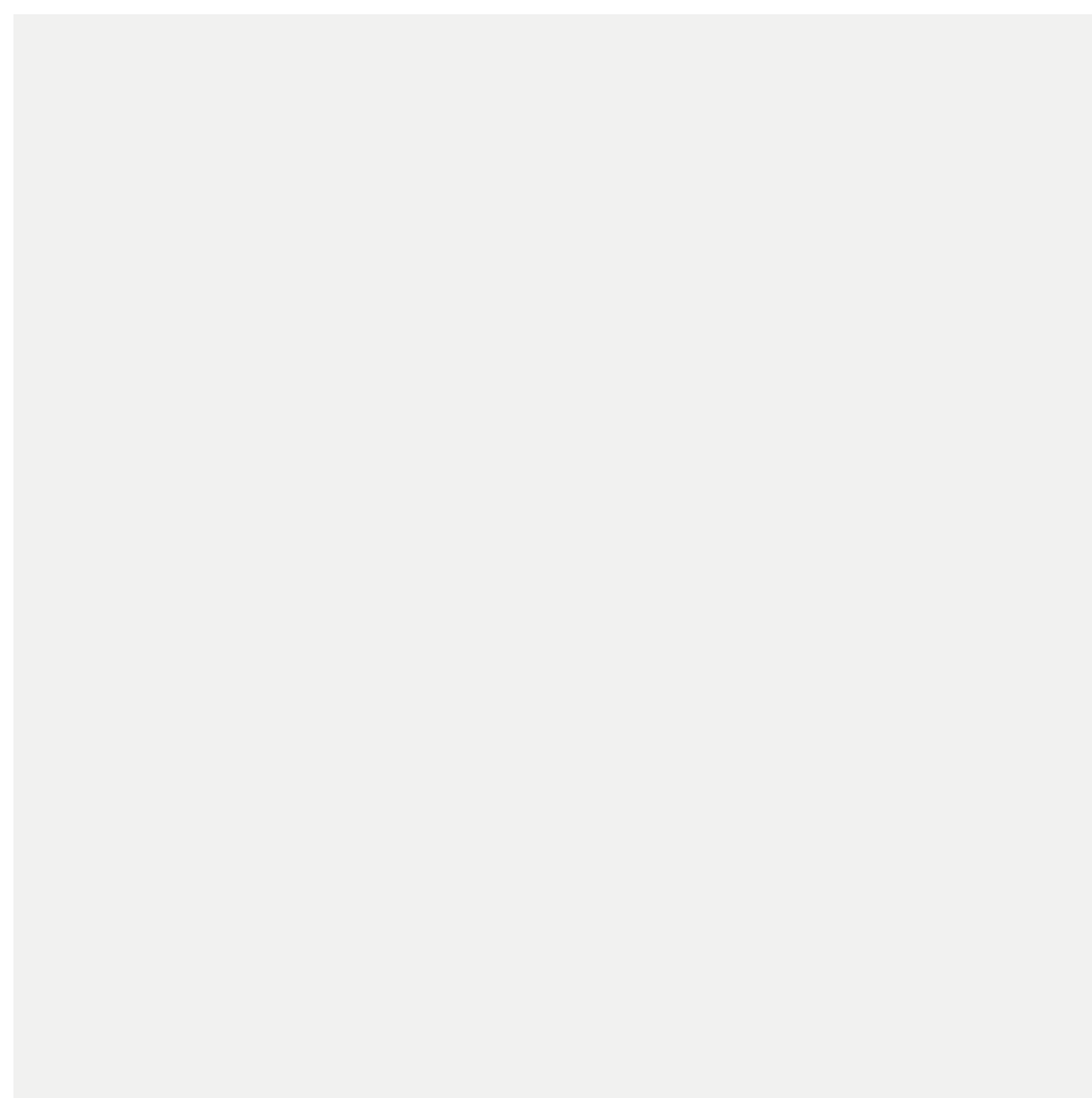
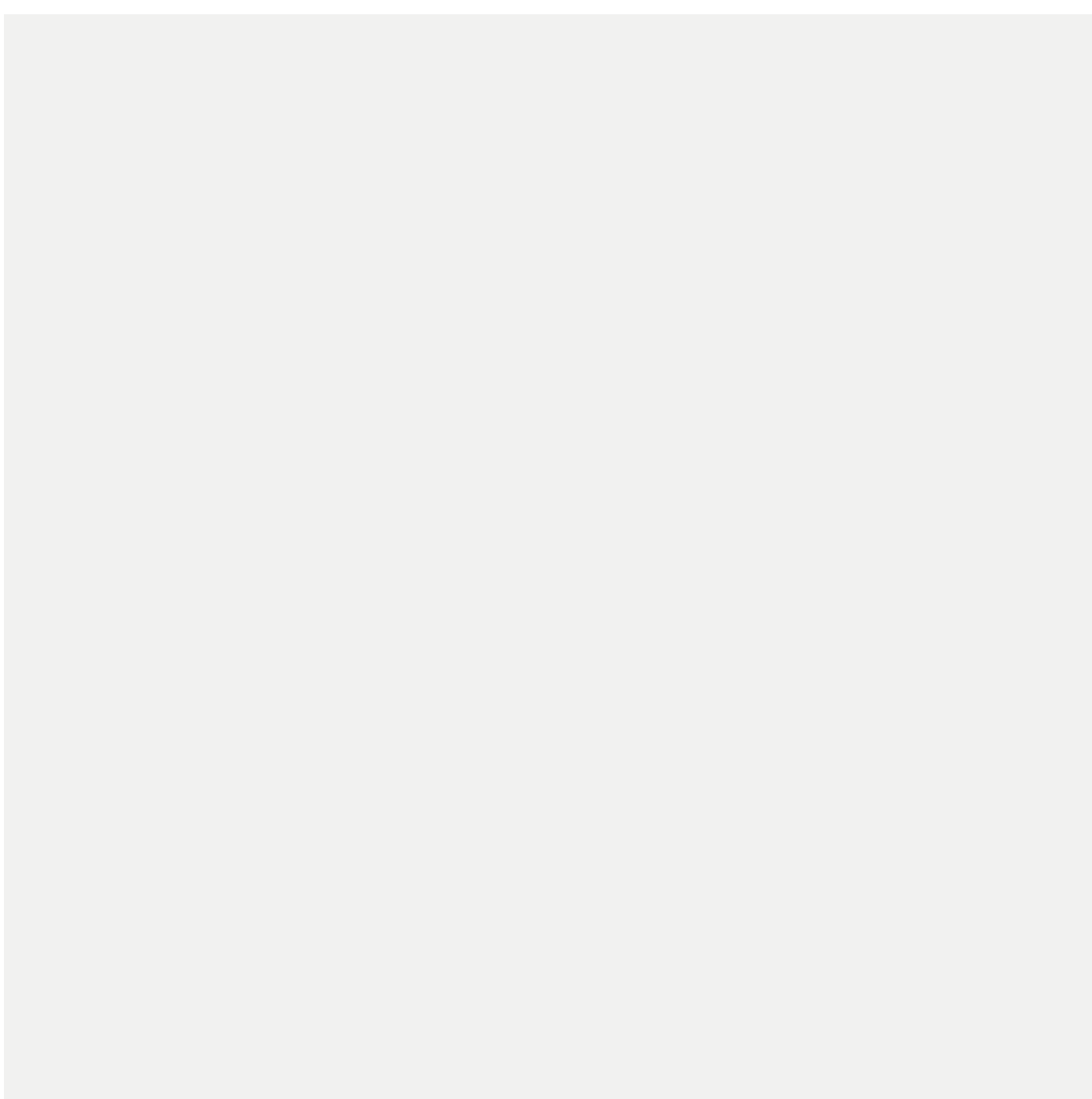
LEARN MORE

Pre-licensed Clinicians

We provide pre-licensed clinicians with the support and supervision they need to become licensed therapists.

LEARN MORE

The Latest from the Blog



READ THE BLOG



Therapy and professional development services catered toward the care, justice, and culture of Black and Brown people.

Contact

Sage Wellness and Consulting
709 Pendleton Street
Alexandria, VA 22314

care@sagewellness.co

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About

**Sage — noun: A profoundly wise person.
The person who resided within you all along.**

Founded by Angelina N. Nortey, Ph.D., Sage Wellness and Consulting was created as a gift of gratitude to her ancestors for their resilience and wisdom.

For centuries, Black and Brown people have relied on wisdom as a means of survival. However, survival isn't enough. At Sage and Wellness Consulting, we believe you deserve to thrive and create a life of meaning, regardless of the obstacles you may experience along the way. Our practice of wellness goes beyond the traditional medical model and transcends social media fads.

In communities of color, thriving is often associated with the pursuit of education. Too often, the focus on our intellectual gifts prevents us from recognizing our value beyond the pursuit of degrees.

Education is incredibly important, but tending to your overall wellness and mental health is vital. Have you ever wondered how your identity impacts your daily life—your mood, relationships, career, and more? Do you trust yourself enough to make well-informed decisions that help create the life of purpose and joy you deserve?

Whether you realize it or not, you already possess the wisdom you need to overcome the societal, historical, and generational issues that have shaped your current reality. This wisdom is the magic that already resides within you.

We're here to help you discover the innate wisdom that will serve you for the rest of your life. Our licensed therapists include professionals who **look like you, see you, and understand you.** We're committed to

View Our Services

PROFESSIONAL DEVELOPMENT

INDIVIDUAL & FAMILY THERAPY

OUR THERAPISTS

Angelina N. Nortey, Ph.D.

Angelina N. Nortey, Ph.D. is a licensed psychologist in the Washington D.C. Maryland, and Virginia metropolitan area. She is also a Nationally Certified School Psychologist. Dr. Nortey believes that every individual possesses the wisdom to be their truest self, and her therapy style is warm, compassionate, and authentic.

She cares deeply about how societal systems impact Black and Brown individuals and is well-versed in social justice, racial disparities in childhood education, and life-changing events of young adulthood.

[READ MORE](#) +

Tiffany A. Campbell, Ph.D.

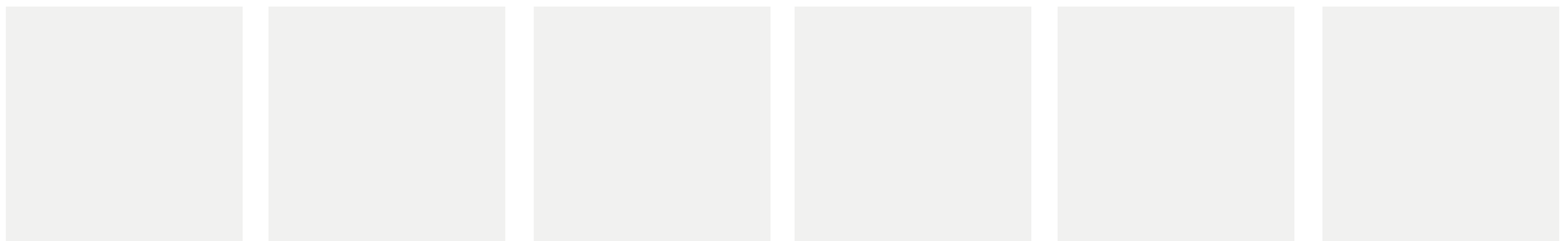
Tiffany A. Campbell, Ph.D. is a school psychologist and registered psychology resident specializing in issues regarding adolescents, young adults, school, trauma, and PTSD. She believes a healed self creates the possibility of reconciliation with others and an understanding of relationships.

Dr. Campbell provides every client with a safe space to be their true self, address their concerns, and find their voice. For teens, specifically, she enhances their problem-solving skills so they learn how to confidently make good decisions.

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PROFESSIONAL DEVELOPMENT
Consulting

Black and Brown children are more likely than their white counterparts to be excluded from the classroom because of unjust policies and bias.

Care-based policies and practices can reshape the educational experience for children of color.

At Sage Wellness and Consulting, our focus isn't just about providing services. **We're determined to disrupt the status quo.**

Is a Black girl who speaks up in class being insubordinate or is she a natural-born leader?

Is a confident Brown boy oppositional and resistant or is he intuitive about his surroundings and keenly aware that injustice is at play?

And, in both cases, is it healthy for either child to internalize their identities as "troublemakers"?

The answer is a resounding "No."

Every child deserves the opportunity to learn and grow in a safe environment that embraces their identities and allows them to confidently show up in the world.

We help education-based organizations (such as schools and other youth-serving organizations):

- Enhance professional development, such as trainings and needs assessments
- Facilitate useful conversations about race that result in improved interpersonal relationships in the workplace
- Work productively with all students, particularly those with disabilities (learning and psychological)

Understanding how multiple identities impact students of color is imperative to shifting racial inequities and shaping how students perceive themselves well into adulthood.

Black and Brown youth who feel seen and supported during adolescence mature into self-assured and productive adults who feel a true sense of belonging in the world.

We're committed to helping your organization lead the way in social justice and education transformation.

To ensure your safety and wellness, all sessions are virtual until early 2022.

BOOK YOUR CONSULTATION



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INDIVIDUAL & FAMILY
Therapy

**Therapy that makes you feel seen, understood,
and supported.**

Welcome to your safe space.

Life can be hectic, and sometimes it feels like too much to handle. But you don't have to do it all alone.

Your decision to see a therapist doesn't make you weak, crazy, or shameful. It makes you quite the opposite—courageous, determined, and admirable. Therapy simply helps you understand yourself better and make sense of what's happening in your life. Whatever you're experiencing will get better.

WHAT TO EXPECT

Therapy isn't one size fits all. Our unique approach consists of cognitive-behavioral, interpersonal, and psychodynamic therapies, with a cultural focus. Our culturally competent therapists create a safe space for you to heal while staying true to yourself.

We're dedicated to treating you with compassion and creating an atmosphere that allows you to express yourself without feeling judged or dismissed. You have the power to change the narrative of your life at any given time. Let us guide you in ways that allow you to grow and heal at your own pace.

We serve children and young adults (up to early 40s), and our specializations include:

- Anger
- Anxiety
- Bipolar Disorder
- Coping Skills
- Cultural Issues
- Depression
- Grief/Loss
- Immigration/Acculturation
- Life Transitions
- Mood Disorders
- Oppression
- PTSD
- Racial Identity
- Relationships
- School Issues
- Self-Esteem
- Self-Harming
- Stress
- Trauma
- Workplace Issues

For payment, we accept:

- American Express
- Discover
- Health Savings Account
- Mastercard
- Visa
- United Healthcare Insurance
- BlueCross and BlueShield Insurance
- Out of Network/Self-Pay

We are currently NOT accepting new Individual and Family Therapy clients. Sign up below to be added to our waitlist. You will be notified once we begin accepting new clients.

FIRST NAME	LAST NAME	EMAIL	JOIN THE WAITLIST
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Clinical Supervision

If you're a pre-licensed clinician, we're here to provide you with hands-on guidance as you pursue your license.

Ready to see if we're a good fit? Email us at care@sagewellness.co for more information.

To ensure your safety and wellness, all sessions are virtual until January 2022.



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If you have a question or just want to say hello, email us at care@sagewellness.co.

Please allow up to two business days to receive a response.

We look forward to hearing from you!


BOOK YOUR CONSULTATION For education-based organizations

We are thrilled that you are interested in hiring us to help your organization...

Your consultation via phone allows you to learn about our process, ask questions, and develop confidence in knowing we're the best fit for your needs before making a commitment.


Please select the best day and time you're available using the scheduler below.


We look forward to talking with you!



Tinted

Discovery Call

 30 min

 We'll Call You!

Select a Day

April 2021 < >

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24



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