

Tricia Winklosky, MS-ATR, Clinical Health & Wellness Director

Tricia Winklosky is the Hope For The Warriors® Clinical Health & Wellness Director. As Health and Wellness Director, Tricia develops policy and establishes operating procedures to ensure the overall quality in the delivery of programmatic services. She also assists with clinical and case management intervention and oversees organizational collaborative work to provide continuity of Health and Wellness services. Prior to taking this position, Tricia developed clinical programming for the Family Reintegration Program (FRP) alongside the Holliswood Hospital Art Therapy team and Hope For The Warriors® staff.

Tricia is a clinical art therapist who holds a Master of Science Degree in Art Psychotherapy with an emphasis in Family Art Therapy from Eastern Virginia Medical School, Norfolk, Virginia. She has been a registered Art Therapist (ATR) with the American Art Therapy Association since 1994 and a member of the Virginia Art Therapy Association since 2011.

Tricia has practiced both clinical art therapy and traditional psychotherapy for nearly 15 years. She has practiced in diverse locations in military and civilian settings, including California, Maryland, North Carolina, Pennsylvania, Virginia, and Okinawa, Japan. During her career, she worked primarily in inpatient psychiatric settings including residential treatment centers, skilled nursing facilities, a state psychiatric facility, and acute inpatient psychiatric hospitals. Additionally, Tricia has worked in an acute psychiatric setting with military children and families and as a Mental Health Provider at a Naval Hospital working with active duty service members and their families.

Tricia is a Marine spouse of 19 years and currently resides in Charlottesville, Virginia, with her husband and three children. As a child of a World War II veteran who suffered a severe traumatic brain injury after his service, Tricia has a deeply held personal interest and professional dedication to helping military families and veterans with recovery, rehabilitation, and transition.