



## Jennifer, LCSW

Licensed Clinical Social Worker

### EDUCATION

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#### Indiana University

Master's in Social Work

Post Baccalaureate in Drug and Alcohol Counseling

### CLINICAL APPROACH

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Jennifer is a Licensed Clinical Social Worker. She has over 13 years of experience working with various populations. Her scope of practice is working with families who have experienced behavioral challenges including but not limited to trauma, mood disorders, ADHD, executive function deficits, anxiety, anger management, low self-esteem, chemical dependency/abuse and stress management. Jennifer offers a Client-Centered Approach, Cognitive Behavioral Therapy, Mindfulness through Play Therapy and teaches Dialectical Behavioral Therapy skills for emotional regulation.

### ABOUT ME

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I have three children of my own, so I understand the difficulties and joys of parenting. Two of my children are recent college graduates. I love being outdoors enjoying nature, practicing yoga, and just relaxing by reading a good book. I am originally from the Midwest but have lived in Arizona for about 7 years. I love the valley. I am excited to be here and feel blessed every day I can be of service.

#### PROFILE

##### EMPHASIS

Anxiety  
Depression  
Stress Management  
Trauma  
Anger Management  
Self-esteem  
Chemical Dependency  
Family Systems

#### HOBBIES

Yoga  
Being Outdoors  
Reading

#### CONTACT

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