



Lauren, MSW, LCSW
Licensed Clinical Social Worker

EDUCATION

Rutgers University, NJ
Master's in Social Work

CLINICAL APPROACH

Lauren has a master's in social work with specialization in trauma and addiction recovery. She has been working with women individually and in group. She is passionate about bringing healing with hope, kindness and information. Group work is Lauren's heart work. From trauma to parenting to substance abuse recovery, bringing people together provides much needed support. Lauren utilizes a variety of relaxation techniques, expressive art projects and coping strategies. Lauren is certified in EMDR, holistic health coaching and as a Tai Chi Chih instructor.

ABOUT ME

I am new to west coast living, so eager to travel and explore. I enjoy zooming with my friends and family back east and look forward to hosting them in my new home. I love waking up to sunny days here in Arizona. I enjoy my wellness practices and learning new things.

PROFILE

EMPHASIS

Anxiety
Depression
Psychotherapy/Group
Stress
Trauma
Addictions
Relationships
Grief

HOBBIES

Yoga
Cooking
Knitting
Sewing
Tai Chi Chih
Meditation
Watching Football

CONTACT

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