

Meet Katie!

Supervisee in Social Work

Pronouns: she/her
Office: Alexandria



Katie serves as a Supervisee in Social Work for Wise Family Wellness. She was born and raised in Asheville, NC. Growing up in the Blue Ridge Mountains gave Katie a love for the outdoors and adventure, and her time there as a camp counselor developed her passion for working with children and their families. In her free time, she runs, drinks coffee, spends time with her friends and family, and explores the DC area.

Katie completed her undergraduate degree at the University of the South. After graduating, she earned her Master's through the University of Denver's Graduate School of Social Work with a concentration in Mental Health and Trauma. During her time there, Katie worked with TBI survivors, leading support groups and working with caregivers and families. Additionally, she helped individuals manage anxiety and depression through cognitive behavioral therapy and solution-focused brief therapy. Her academic career serves as a reflection of her passion for celebrating others as well as working with children. She focused her studies on ways to best support children in being confident in themselves, and their ability to live mindfully and regulate their emotions and behaviors.

Katie's social work interests include helping those struggling with anxiety, depression, and eating disorders. She hopes to become a registered play therapist and help kids confidently be themselves!

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 www.thewisefamily.com



**Specializes in
children ages 6-10 y/o, 11-13
y/o, 13-18 y/o**