



## Brian Burton, MSW, Supervisee in Social Work Counselor

Brian is a graduate of Old Dominion University, where he received his B.S. degree in Psychology and Human Services. Following this, Brian attended Virginia Commonwealth University, graduating with a Master of Social Work. Brian has experience working with children and their families surrounding a wide array of issues including: family and social problems, depression and suicidality, anger and aggression, Autism Spectrum Disorder, and grief and loss to name a few. He believes strongly in working with clients through a holistic lens, taking family, behavioral, social, spiritual, and biological factors into account. Brian also places great emphasis on empowerment through empathy and the belief that individuals are the greatest experts on their own personal experiences. In his work with clients, Brian employs a cognitive behavioral approach, with a particular interest in mindfulness and reflective meditation techniques. When he isn't working, Brian spends his time creating art, reading, riding motorcycles, hiking, camping, and adventuring with his dog.