



Katy Snyder, LCSW Counselor/Therapist

I earned a Bachelor's degree in Psychology from James Madison University in 2012 and a Master of Social Work from Virginia Commonwealth University in 2014. My background is in working with adults and adolescents in an acute psychiatric hospital. Additionally, I have experience working in Partial Hospitalization Programs, Intensive Outpatient Programs, residential treatment facilities, and with college students. I have received training in various areas, including Dialectical Behavior Therapy (DBT), Mindfulness-Based Stress Reduction (MBSR), and trauma. I practice using a strength's based perspective, utilizing principles and techniques from cognitive behavioral therapy (CBT), DBT, solution-focused therapy, and humanistic therapy. I believe a trusting and supportive therapeutic relationship is the basis for growth. I have experience working with a wide variety of conditions, including depression, anxiety, substance use disorders, personality disorders,

mood disorders, psychotic disorders, and issues related to the LGBTQIA population. In my spare time, I enjoy taking walks, sitting on my porch, spending time with family, and traveling.