



## Shilpa Jaggi, LCSW Outpatient Therapist

I am a Licensed Clinical Social Worker. Through 15 years of experience, I've been amazed at the strength and perseverance of the adults and children that I've served. As a counselor, I utilize a strengths perspective to assist clients in tackling issues with depression, anxiety, stress, trauma, grief and loss issues. With children, I believe that their primary language is play. I utilize play and art therapy techniques to engage my younger clients and collaborate with their caregivers in addressing depression, anxiety, trauma, abuse, neglect, anger and abandonment issues. I strive to create an atmosphere of nurture and non-judgment. The process of change is a journey...and is scary to ALL of us. My goal in therapy is to guide you through this process of change and recovery.