



Anna Borrelli, MSW, QMHP-Trainee

Anna completed her Bachelor's degree in Social Work with a minor in Psychology at Virginia Commonwealth University (VCU) in 2021 prior to completing her Master's degree in Social Work at VCU in 2022. Anna has experience in outpatient care and group facilitation for both individuals and families as well as school social work in an elementary school and in a middle school. She works with both adults and adolescents who are processing trauma, grief and loss, adjustment difficulties, anxiety, and depression among other mental health challenges. Anna utilizes a person-centered, individualized approach to her work which focuses on the strengths her clients present or have yet to uncover. She is passionate about working with family systems and uses differing therapy methods and theoretical frameworks depending on the family's needs. Anna sees success with her individual clients when utilizing therapeutic approaches including cognitive behavioral therapy, motivational interviewing, and mindfulness intervention styles. Anna enjoys focusing on rapport building and client collaboration in the treatment plan in order to help ensure the clients can successfully reach their goals. During her free time, Anna enjoys painting, exploring new places, and spending time with her dog.