



## Brittany Reuschling, LCSW

Brittany is a licensed clinical social worker (LCSW) who earned a Bachelor's degree in Criminal Justice and Sociology from Longwood University in 2017, and a Master of Social Work degree from Virginia Commonwealth University in 2019. Brittany has experience working with individuals and families providing in-home services, parent coaching and support services, group therapy, and play therapy. Brittany believes a strong, supportive, and trusting therapeutic relationship is needed for growth and successful treatment outcomes. Brittany's therapeutic focus is an integration of person-centered, strengths-based, and trauma informed approaches while also utilizing principles and techniques from CBT, DBT, humanistic therapy, and solution focused therapy. Brittany enjoys working with clients of all ages and prioritizes treating the family system versus just the individual when working with children/adolescents and their families. Brittany has experience working with ADHD, aggression, anxiety, depression, personality disorders, mood disorders, trauma, and issues related to the LGBTQIA population. Brittany is dedicated to providing her clients with holistic care and support they need to live safe, happy, healthy, and productive lives. In her free time, Brittany enjoys spending time with her family, traveling, binge-watching her favorite shows, and playing card and board games.