



Jenny Speight, MSW

I attended Virginia Commonwealth University and earned a Bachelor of Science in Psychology and a Master's in Social Work. While at VCU, I worked with adolescents and adults with a variety of needs, providing outpatient individual and group counseling using psychoeducation, cognitive-behavioral therapy, motivational interviewing, and solution-focused therapeutic interventions. I served as a group facilitator for batterer intervention, anger management, and nurturing parenting programs. Prior to pursuing my MSW, I had a career in K-8 education and community engagement. These experiences have greatly influenced my practice and fostered the development of a passion for working with individuals, families, and children. I am currently completing supervision to become a licensed clinical social worker. My approach to practice is holistic and person-centered. I believe that client and practitioner collaboration are essential for effective and sustainable change. Outside of my practice, I enjoy spending time with my family (including two cats), exploring Richmond, expressive arts, and volunteering.