



Julia Merk, MSW, Supervisee in Social Work

I am a Supervisee in Social Work and graduated with my master's in social work from Virginia Commonwealth University in 2017. I am passionate about working with kids, adolescents, adults, parents, and everyone in between. I supervise a team specializing in Intensive In-Home, Mental Health Skill-Building and Parent Coaching. I provide Outpatient Therapy to individuals struggling with anxiety, depression, PTSD, emotion dysregulation, low self-esteem and attachment. I utilize Cognitive Behavioral Therapy with a trauma informed approach to support individuals to reach their goals and enhance their sense of well-being. In my spare time I enjoy playing with my 4-year-old son and relaxing with my partner. I love animals, painting, traveling and meeting new people.