



## Kassandra Kintzios, MSW, QMHP-A, QMHP-C

Kassandra graduated from James Madison University with a bachelor's degree in social work with a minor in Family Studies in 2020 and went on to complete an advanced standing master's degree in social work at the University of South Carolina in 2021. Kassandra is a Qualified Mental Health Professional for adults and adolescents and is on track to obtain a clinical license in social work. Kassandra's experience includes interning at an intensive in-home therapeutic agency in Maryland, serving as an intern at a Psychosocial Rehabilitation center providing psychoeducation, and most recently, serving as an intern on the adult and adolescent psychiatric units at Prisma Baptist Hospital in South Carolina. This has given her experience in addressing severe mental illness, depression, anxiety, mood disorders, self-harm/suicidal ideation, and ineffective coping mechanisms. Other experiences include working with older adults in nursing home facilities as well as rehabilitation centers. Kassandra uses a strengths-based approach as well as DBT and CBT influences when working with individuals and believes that creative expression is a useful tool in therapeutic treatment. Building strong and trusting relationships is a main focus of Kassandra's. In her free time, Kassandra enjoys cuddling up with her cat, trying new foods, being in nature, and reading.