



Kassandra Kintzios, MSW, Supervisee in Social Work

Kassie 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. While earning her degrees, Kassie interned at a mental and behavioral health agency performing intensive in-home services and outpatient therapy, a psychosocial rehabilitation center providing psychoeducation to adults with schizophrenia, and lastly, serving as an intern on the adult and adolescent psychiatric units at Prisma Baptist Hospital in South Carolina during graduate school. Kassie is a Supervisee in Social Work and is on track to obtain her clinical license in social work. Kassie's experience includes over a year and a half of intensive in-home therapy with adolescents, and Mental Health Skill Building with adults right here at LBHC! Kassie is now a full-time outpatient therapist serving children, teens, and adults. In combination, this has given her experience in addressing severe mental illness, depression, anxiety, mood disorders, family dynamics, self-harm/suicidal ideation, various forms of coping, a much more! Kassie uses a strengths-based approach as well as DBT and CBT 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 Kassie's, which

is often achieved through humor and a relaxed environment that feels safe for the client. In her free time, Kassie enjoys being with her cat, exploring Richmond, being in nature, and engaging in DIY art activities.