



## Katherine Weeks, MSW, Supervisor in Social Work

I graduated with a Bachelor of Science in Psychology from Bridgewater College in 2018. Two years later, I received a Master of Social Work from Virginia Commonwealth University. During that time, I interned in both inpatient and residential settings, gaining experience with mood and anxiety disorders, schizophrenia spectrum disorders, trauma, and substance use issues. I have training in Cognitive Behavioral Therapy (CBT), Experiential Therapy, and mindfulness techniques. Supportive relationships are essential to healing and growth, and I seek to promote these with my clients through a person centered, humanistic approach. I am currently working towards becoming a Licensed Clinical Social Worker (LCSW). In my spare time, I enjoy drawing, hiking, visiting museums, listening to podcasts, and playing games with loved ones.