



Katy Snyder, LCSW

I earned a Bachelor's degree in Psychology from James Madison University in 2012 and a Master of Social Work from Virginia Commonwealth University in 2014. My background is in working with adults and adolescents in an acute psychiatric hospital. Additionally, I have experience working in Partial Hospitalization Programs, Intensive Outpatient Programs, and at a college counseling center. I have received training in various areas, including Dialectical Behavior Therapy (DBT), Mindfulness-Based Stress Reduction (MBSR), and trauma. I practice using a strengths-based perspective, utilizing principles and techniques primarily from cognitive behavioral therapy (CBT) and DBT. I believe a trusting and supportive therapeutic relationship is the basis for growth. I have experience working with a wide variety of diagnoses and presenting needs, including depression, anxiety, personality disorders, mood disorders, psychotic disorders, and issues related to the LGBTQIA+ community. In my spare time, I enjoy taking walks, sitting on my porch, attending book club, spending time with friends and family, and traveling.