



Kelly Lange, MSW, QMHP-C

Kelly is a passionate social worker that believes in empowering her clients while collaborating with them based on their individual goals. She completed her Bachelor's degree in Social Work with an Art Minor at Lipscomb University in Nashville, TN in 2015. Afterward, she worked in the social work field for about four years, before pursuing her Master's degree in Social Work (MSSW). Kelly graduated from the University of Tennessee's Advanced Standing MSSW program in 2019, focusing on Evidence-Based Interpersonal Practice and receiving a Trauma Treatment Certificate. Kelly will be pursuing her license to become a Licensed Clinical Social Worker (LCSW).

Her experience has been in counseling and case management services in schools and community-based settings with children and adolescents. Kelly uses a strengths-based, trauma-informed, and person-centered approach. Kelly's clinical experience includes working with clients who experience anxiety, depression, autism spectrum disorder (ASD), bipolar disorder, attachment disorders, post-traumatic stress syndrome (PTSD), attention deficit hyperactive disorder (ADHD), anger/aggression, adjustment issues, conflict resolution and personality disorders. Kelly uses elements of a variety

of evidence-based practices, including Cognitive Behavioral Therapy (CBT), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Behavioral Activation, Mindfulness, Play Therapy, Art Therapy, Dialectical Behavioral Therapy (DBT), and Motivational Interviewing. Outside of work, Kelly enjoys rock climbing, slacklining, yoga, hiking, painting, drawing, listening to music, and spending time with family, friends, and her hound dog.