



## Kylie Strogly, LCSW

Kylie is a Licensed Clinical Social Worker who earned both her Bachelor's degree in Psychology and Master of Social Work degree from Virginia Commonwealth University. She has worked in variety of practice settings, to include outpatient, treatment foster care, group home, psychiatric residential treatment, and the nonprofit sector. She has experience in the areas of domestic violence, sexual trauma, post-traumatic stress, depression, anxiety, attachment, oppositional behaviors, substance abuse, conduct disorder, anger management, family therapy, and challenging life transitions. Kylie has extensive experience treating adolescents with significant emotional and behavioral concerns. She specializes in working with clients who have experienced trauma, as she is a Certified Clinical Trauma Professional (CCTP). She enjoys incorporating mindfulness-based interventions into treatment to assist clients in learning effective self-regulation skills while they are engaging in the healing process. Kylie loves assisting clients in finding meaning in their experiences and helping them reach their full potential. She practices from a strengths-based perspective, and frequently utilizes cognitive-behavioral, psychodynamic, and

trauma-informed interventions in treatment. In her free time she enjoys cooking, traveling, meditating, jewelry making, and spending time with family and friends.