



R. Lim, MSW, Supervisee in Social Work

Lim is a Supervisee in Social Work who graduated with a Bachelor of Science degree in Social Work from Longwood University in 2019. One year later, she received a Master of Social Work degree from the University of Pennsylvania. While in school, Lim gained experience working with at risk youth, individuals, and families of a low socioeconomic status (SES), and transgender adults in recovery from addiction. Upon graduating, she initially worked as a community-based counselor, then as a therapist working at the partial hospitalization and intensive outpatient levels of care with individuals in recovery from eating disorders. Lim uses an eclectic approach, informed primarily by Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), mindfulness, and talk therapy techniques. Past clients have described Lim as "validating." In her spare time, Lim enjoys spending time with loved ones, reading, music, watching shows, and spending time outdoors.