



## Robert Osborn, LCSW

Robert (Rob) Osborn, LCSW has over 30 years of experience in the mental health field which means he has learned the “art” of helping; helping people to heal broken relationships, to understand and act upon difficult and complex emotions, to identify and make needed changes and to appreciate themselves in the process. Rob graduated from Old Dominion University with a Bachelor of Science Degree in Interdisciplinary Studies (in psychology and sociology) and later obtained his MSW degree from VCU. Over the course of his career, he has practiced in the CSB system (public mental health and substance abuse treatment) and developed an outpatient program at a local clinic. Rob believes that, by using the tools that are available to a therapist, people can be helped to tap into their own healing processes in order to restore balance and both internal and external harmony (he’s a Libra). No one therapeutic approach can help people to do this but he draws upon his years of experience to develop a blend of the approaches that are most effective. Whether it is individual, group or family interventions that are needed. He is ready, willing and able to help people on their journey to self-discovery and wholeness.