



Sage Miska, LCSW

I earned my Bachelor of Social Work degree from the University of South Carolina and my Master of Social Work degree from the Catholic University of America where I focused on clinical social work and social change. I have worked with survivors of domestic violence, survivors of sexual assault, individuals receiving hospice care, and patients hospitalized for major illnesses or trauma. My intention is to make each client feel safe to share their goals with me so that we can work together to reach them. I am passionate about helping others achieve their best quality of life. I utilize a person-centered, trauma-informed approach that focuses on strengths, family systems, and mindfulness. At home, I enjoy cooking, yoga, and playing with my two cats.