



## Sam Matthews, MSW

I obtained both my Bachelor's degree and Master's degree in Social Work at Appalachian State University, while also taking on a Graduate Certificate in Expressive Arts Therapy. I have experience working with children, adolescents and their families. I utilize a strengths based, person-centered approach. I aim to build authentic and supportive relationships with my clients and commit to providing a safe space conducive toward positive growth and transformation. In my spare time, I enjoy spending time with loved ones, exploring the beautiful natural world around me, cooking meals, and enjoying art and music.