



## Sarah Koski, MSW, Supervisee in Social Work

Originally from North Carolina, I have called Richmond home for the past 25 years. I earned a Master of Social Work with a trauma informed clinical concentration from the University of Denver in 2021. This life change occurred following employment in an administrative capacity with a local nonprofit serving LGBTQ+ youth, where I found my personal and professional ethics aligned with the core social work values of service, social justice, dignity and worth of the person, importance of human relationships, integrity, and competence. I have worked with children and families in various capacities including providing individual and group services for incarcerated youth, LGBTQ+ youth, students with emotional and intellectual disabilities, and precariously housed adults. My practice is person centered and strengths-based, informed by a conceptualization of social/cultural and family systems as well as environment, and the impact of these systems on behaviors and the overall wellbeing of the individual. I have experience utilizing such interventions as acceptance and commitment therapy (ACT), narrative therapy, dialectical behavior therapy (DBT), play therapy, and motivational interviewing. I approach each client with a trauma informed lens, mindful that although trauma is pervasive, each individual's experience is

unique to them. My practice fosters a partnership with each individual client as they are the experts in their own lives. In my free time, I enjoy engaging with my three daughters, spending time with friends, traveling, camping, cooking for others, and exploring Virginia's numerous state parks with my two dogs.