



## Sarah Stryhn, MSW, Supervisee in Social Work

Sarah received both her Bachelor's and Master's degree in Social Work from Virginia Commonwealth University. She strives to work collaboratively with her clients when providing clinical treatment. Sarah focuses on using a person centered and strengths-based approach in her practice. She has experience working with children and adults with depression, anxiety, trauma, developmental concerns, and behavioral disorders. Sarah also has experiencing working in maternal health, providing support to mothers experiencing Postpartum Depression and their families. Sarah's next step in her career is to pursue licensure in the state of Virginia as a Licensed Clinical Social Worker (LCSW). In her spare time, Sarah enjoys spending time with her family and friends, exercising, and being outdoors.