



Tanner Sigmon, QMHP-Trainee

I am currently in my last year of study for my MSW in Virginia Commonwealth University's clinical social work program. My background is in case management, and I have worked with adults for the past five and a half years in the area of homeless services. My clinical experience includes motivational interviewing, solutions-focused approaches, and crisis-intervention. I utilize a whole-person care model emphasizing the biopsychosocial-spiritual model of the human being. I ground my practice in an anti-oppression framework with a social justice lens. I have experience working with individuals of various ethnic, racial, and religious backgrounds and am passionate about approaches rooted in evidence-based best practice while supporting diversity, equity, and inclusion. My clinical interventions are rooted in narrative theory and mindfulness. I enjoy journeying with individuals and families as they explore and discover the depths of their emotional, spiritual, and psychological capacities to live meaningful, self-actualizing, and joyful lives. I strive to empower my clients as experts in their personal stories and take a strengths-based approach to resolving conflict and addressing psychological challenges. I have experience working with folks with severe mental illness including psychotic disorders and mood disorders, folks who live with chronic illness, individuals of diverse, multinational

backgrounds, and individuals navigating poverty, grief, and trauma-symptoms. In my free time I enjoy hiking, gardening, clinical herbalism, volunteering, kayaking and traveling.