

KATHLEEN RISCO, MA, LMSW

SHORT BIO		CLINICAL LICENSES	
<p>Kathleen Risco (Katie) obtained a B.A. in Human Services with a minor in leadership, a Master's in Administration of Human Service, and a Master's in Clinical Social Work. She is a Delaware LICSW and currently working on her NH licensure. Katie uses an eclectic approach to counseling, using evidence-based practices within a holistic framework. Cognitive Behavioral Therapy, Solution-Focused Therapy, Dialectical Behavior Therapy, and Integrative and Mindfulness frameworks to name a few. She focuses on an integrated mind, body and spirit approach for comprehensive healing and well-being. Having a passion for both mental health and overall health and wellness (sleep hygiene; exercise; healthy eating; self-care; life balance), Katie has a passion to empower clients to become active in their own health and healing processes by utilizing motivational interviewing, mind/body interventions and behavior change techniques to make ongoing healthy lifestyle choices.</p>		<p>Independent Master Social Worker LMSW - DE License # Q3-0010638</p>	
		EDUCATION	
		<p>Bachelor of Arts in Human Services: - University of Delaware Master of Clinical Social Work: - Western New Mexico University Master of Administration in Human Services - Wilmington University</p>	
CLINICAL SPECIALTIES		<p>Assessment, diagnosis, treatment planning, treatment & collaboration of care of DSM-5 disorders, including:</p> <ul style="list-style-type: none"> • ADHD • Anxiety • Behavioral Issues • Bipolar Disorder • Career Counseling • Career Issues • Case Mgt. • Coping Skills • Depression • Drug Abuse • Grief Reaction • Life Coaching • Life Transitions • Lifespan Issues • Mood Disorders • Parenting • Relationships • Resources • Self Esteem • Spirituality • Stress • Substance Abuse • Suicidal Ideation • Trauma/ PTSD 	
AGES	MODALITY		
<ul style="list-style-type: none"> • Adults • Elders 	<ul style="list-style-type: none"> • Individuals • Couples 		
EVIDENCED BASED FRAMEWORKS			
<ul style="list-style-type: none"> • Brief Therapy (CBT/Solution Focused) • Cognitive Behavioral Therapy • Eco Systems Framework • Humanistic Approach • Mindfulness Based Cognitive Therapy • Strengths Based - Person Centered • Solution Focused Therapy 			