



Chris Olson, MSW, LICSW

I am a Licensed Independent Clinical Social Worker and believe that rapport building and remaining person centered allows for growth and enables people to explore themselves in a safe environment. I have been practicing therapy for over 3 years and have been working with children, adolescents and adults using therapeutic interventions since 2005. Prior to becoming a therapist, I earned my teaching degree and ultimately my special education degree which led me to become a therapist because I saw that mental health concerns were taking precedence over academics with my students. I believe that having knowledge of and utilizing different therapy approaches is important when helping people resolve their issues and the most effective approaches I have used include cognitive behavioral therapy, client-centered therapy, solution-focused therapy, and mindfulness-based therapy. I am attentive, caring, and empathetic, and look forward to working with people's unique and individual needs in the therapy setting.