



## **Jillian Vollbrecht, MSW, LICSW, CTMH**

I am clinically licensed by the Board of Social Work, with bachelor's and master's degrees in Social Work.

I'm here to partner with you on your journey by using an integrated strengths-based and person-centered approach in the therapy room. I will help you feel more empowered in your ability to manage symptoms of anxiety, depression, and other symptoms of distress. I'm here to listen to your life experiences and help you learn how to navigate your emotions to make balanced decisions.

I honor what you bring to the therapy session and I am here to celebrate your accomplishments with you. I invite you to schedule an intake through the front desk at Freeborn Department of Human Services.

I offer in-person appointments at 203 West Clark St., Albert Lea, MN or telehealth appointments via Zoom. I am a certified telehealth provider offering you the opportunity to participate in therapy from the convenience of your home and take less time out of your busy schedule.

As the author and psychotherapist Lori Gottlieb states, *"Most big transformations come about from the hundreds of tiny, imperceptible, steps we take along the way."* Let's take those steps together.