Sarah Olofson, LSW

*Sarah is a Licensed Social Worker with experience providing psychotherapy to children, adolescents, and adults of diverse ethnicities, cultures, and positionalities. Before joining PhilaTherapy, Sarah was based in NYC where she worked with individuals, families, and groups in both hospital outpatient and home/community-based settings. Much of Sarah’s work has been dedicated to providing holistic, compassionate care to youth and parents involved in the child welfare system and folks with complex trauma histories. These experiences strengthened Sarah’s passion for trauma work and creating treatment plans that are strength-based and client-centered.*

*Sarah is trained in several evidence-based modalities including Cognitive Behavior Therapy, Trauma-Focused Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Motivational Interviewing, Mindfulness, and Prolonged Exposure Therapy for PTSD. Nonetheless, Sarah’s clinical approach is tailored to each individual client's goals and is always rooted in warmth, empathy, and commitment to making sure her clients feel safe and heard.*

*Prior to becoming a social worker, Sarah graduated from New York University's Tisch School of the Arts with a BFA in Drama and studied dance and vocal performance throughout her life. Sarah feels her background in the arts deeply influenced her creative clinical style and therapeutic attunement. She believes her clients are the experts of their lives and it is a privilege to support them on their healing journeys towards growth and peace.*