



Meet Your School Counselor



**Lora Friedrich, MSW,
PhD, LCSW**
Licensed Therapist

Degrees & Accreditations:

- Master's in Social Work
- Ph.D. in Sociology of Family
- Licensed Clinical Social Worker (LCSW)

Specialties:

Some of my focus areas are: Acculturation/ Immigration, Adjustment Disorder, Adoption, Body-Image, Grief/Loss, Life Transitions, PTSD, Sexual Abuse (survivor), Trafficking, Trauma, and Woman's Issues.

I work with children (3+). I utilize Trauma-Focused Cognitive Behavioral Therapy Training when appropriate.

A Word from Lora:

"All of us have times where we need to recenter and refocus to have more productive behaviors and thoughts. I will work with you to develop a safety plan, which is a plan to help you become more resilient, a better problem-solver, and eventually overcome the trauma that is holding you back. You are worthy of healing and being happier and healthier. I can help you get there."



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more about
Lora.

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