



# INTRODUCING OUR CLINICAL SOCIAL WORKERS



# Social Work FAQs

The field of social work has six core values: service, social justice, dignity and worth of the person, importance of human relationships, integrity, and competence.

According to the National Association of Social Workers (2025), “Clinical social workers are one of the nation’s largest groups of providers of mental health services.”



# EXPRESSIVE THERAPIES LLC NEWSLETTER

**Morgan**  
MSW, CAPSW, CGP

Morgan joined Expressive Therapies in September 2023 as a counseling intern and transitioned into her role as a Mental Health Counselor after graduating with her Masters of Social Work degree from the University of Wisconsin - Green Bay, emphasizing in clinical mental health.

## **Why is social work important?**

*"Social work is essential to society because it upholds the dignity and worth of every person, advocating for social justice and equitable access to resources. By emphasizing the importance of human relationships, social workers empower individuals, families, and communities to build resilience and create meaningful change. Rooted in integrity and a commitment to competence, the profession ensures ethical, evidence-based interventions that promote well-being. Through service and a dedication to challenging systemic barriers, social workers play a vital role in fostering a more just and compassionate world."*

**Jennifer**  
MSW, MT-BC, NMT, WMTR,  
CAPSW

Jennifer joined the Expressive Therapies team in January 2018. She is a graduate of Southern Methodist University with degrees in Music Therapy and English with Creative Writing. Jennifer received her master's degree in social work through Simmons University in May 2023.

## **Why is social work important?**

*"Social work is important because it considers the variety of factors that may be impacting a person's well-being and looks at the influences of different systems. Social work emphasizes empowerment, social justice, human connection, and the strengths and worth of every person. Using that awareness and desire for more information and understanding, social workers work in collaboration with a variety of people to support them in making meaningful, impactful changes in their life."*





# EXPRESSIVE THERAPIES LLC NEWSLETTER

Sara  
MT-BC, NMT, LCSW,  
ICGC-II, WMTR

Sara is owner and founder of Expressive Therapies LLC. Sara has 20 years of experience working with individuals and groups combining her passions of music and positive mental health together in her approach to optimize potential and promote wellness! Sara is a Board-Certified Music Therapist, Neurologic Music Therapist, Licensed Clinical Social Worker, International Certified Gambling Counselor – II and Wisconsin Music Therapist, Registered.

## **Why is social work important?**

*"Social work sees beyond labels and has an emphasis on an individual's dignity and worth. At Expressive Therapies, our social workers strive to create brave spaces, emphasizing a deep commitment to helping clients find their inner strength and voice. It's about empowerment and growth, not just providing solutions, but encouraging individuals in transforming their circumstances in a meaningful way. Our social workers seek to establish a supportive and insightful environment, to foster lasting change for those seeking help."*

Jamie  
MSW, CAPSW

Jamie joined our team as a mental health counselor in May 2023. She received her bachelor's degree in social work from Olivet Nazarene University in January 2019 and her master's degree in social work at the University of Wisconsin-Green Bay in May 2023. In March 2024, Jamie completed 30 hours of training in Trauma-Informed Creative Arts Therapy.

## **Why is social work important?**

*"I believe social work is important because it is a profession that views each individual within the context of their biological, social, cultural, and physical environment. Social workers offer unique perspectives for individuals, families, communities, and society. It is such a privilege to work in this field!"*





## Shoutout!

March is Social Work Month! If you have the opportunity to work with one of our clinical social workers listed above, please give them a big thank you for their role in social work!

March is also Music Therapy Month. At Expressive Therapies, we have many talented music therapists. If you are involved in music therapy, make sure to wish your music therapist a happy Music Therapy Month! Keep an eye out for an upcoming newsletter that will feature our music therapists.



## OUR MISSION AT EXPRESSIVE THERAPIES:

Creating a brave and empowering space for equality with – race, gender, sexuality, age, economic status, cognitive, physical, spiritual needs and those living with mental illness – through trauma informed care: music therapy, art therapy, dance/movement therapy and psychotherapy, to improve health and well-being.



TAKE CARE AND BE WELL!

Connect with us on social media!



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Facebook (Expressive Therapies LLC)



Linked In (Expressive Therapies, LLC)



Contact us!

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