



# COLUMBUS WOMEN'S WELLNESS

## PSYCHOLOGICAL & CONSULTING SERVICES

### Social Work Supervision

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Columbus Women's Wellness – Psychological & Consulting Services offers supervision to Licensed Social Workers seeking supervised clinical experience required to gain independent licensure. This program helps support supervisee's professional goals in the field of mental health. Invitations to join CWW under the supervision of a licensed independent social worker with supervision designation follows a similar process and considerations as invitations extended to licensed providers.

**LSW Supervisees receive both 1-1 and group supervision (4 or less) weekly.**

CWW clinical supervisors offer a wealth of clinical knowledge and professional practice skills unmatched by other mental health practices in Central Ohio. We are proud to provide support to rising clinicians who choose a professional path toward women's and adolescent girls' behavioral health.

#### ABOUT COLUMBUS WOMEN'S WELLNESS

Founded in 2017, Columbus Women's Wellness (CWW) is a private practice mental health services provider that focuses on the unique needs of adolescent girls and women. Our services include individual, couples, and group psychotherapy. With over twenty-three providers, we offer an unwavering commitment to the unique selves of adolescent girls and women and apply a tailored, research-based treatment approach to address each individual. CWW also consults businesses, schools, and health and community agencies on topics related to women's and adolescent girls' mental health and wellness. CWW takes great pride in its training opportunities offered to emerging professionals. In addition to providing supervision to those seeking a licensed independent social worker credential, we also admit two postdoctoral fellows annually to CWW's Postdoctoral Fellowship in Professional Psychology Program.

#### OBJECTIVE OF SUPERVISION

CWW's Social Work Supervision is designed to cultivate early career professional development, ethics knowledge base, and professional practice. CWW's Social Work Supervision prepares supervisees for independent licensure in the State of Ohio.

Objectives are focused on the supervisees to enhance their knowledge, skills, and abilities in clinical practice and to deliver services confidently and competently. CWW Supervisors support supervisee's development in clinical assessment, diagnosis, and interventions with an understanding of cultural and individual diversity within a private practice setting. Additionally, supervisees will expand their understanding of and ability to decisively apply ethical practices in a professional setting by utilizing knowledge base, research, and resources.

## CLINICAL SUPERVISORS

### Kelsey Snavelly, MSW, LISW-S

Kelsey Snavelly utilizes Family Systems and Trauma-Focused therapeutic approaches and works with diverse presenting concerns including anxiety and mood, bipolar disorder, and complex trauma. Ms. Snavelly also assists couples in communication strategies and conflict resolution skills. She utilizes Eye Movement Desensitization and Reprocessing (EMDR), Family Systems and Dialectical Behavioral Therapy (DBT).

Ms. Snavelly earned her Bachelor's Degree (BS) in Psychology from Centre College in Kentucky and her Master of Social Work (MSW) from the University of Louisville where she completed her graduate work with a specialization in Marriage and Family Therapy. Throughout her career, Ms. Snavelly has worked extensively with teen girls and women in individual and family counseling. She has provided clinical services in a variety of settings including primary care, community mental health, private practice, and inpatient facilities.

*Clinical Interests/Focus: Women's Behavioral Health, Mood & Anxiety Disorders, Trauma, Relationship Distress*

### Britney Banyas, MSW, LISW-S

Britney Banyas applies a trauma-informed approach and strengths-based perspective in her clinical work with clients. Ms. Banyas has extensive experience working with clients experiencing anxiety, depression, complex trauma, perinatal mood disorders, and pregnancy loss. She uses evidence-based clinical approaches such as Cognitive-Behavioral Therapy (CBT), Dialectical-Behavioral Therapy (DBT), and Eye Movement Desensitization and Reprocessing (EMDR) Therapy.

Ms. Banyas earned her Bachelor of Social Work (BSW) from Capital University and a Master of Social Work (MSW) from The Ohio State University. Her experience working with adolescent girls in both inpatient and psychiatric crisis centers provides an expanded clinical skill set when working with teenage girls. In addition to her breadth of clinical experience working with youth, Ms. Banyas also has a significant clinical background and skill set in integrative women's primary healthcare as a behavioral health service provider. In addition to her clinical role at CWW, Ms. Banyas is a Community Lecturer at The Ohio State University College of Social Work. She has also served as a clinical field instructor for Master's level social work students through The Ohio State University where she also developed student curriculum and trainings on trauma informed care, CBT, risk assessment, and safety planning.

*Clinical Interests/Focus: Women's Behavioral Health, Perinatal Mental Health, Teen Girls' Behavioral Health, Trauma, Mood & Anxiety Disorders, EMDR*

### Deana Thatcher, MSW, LISW

Deana Thatcher has extensive experience supporting teen girls, women, couples and older adults experiencing grief, anticipatory grief, depression, anxiety and adjustment concerns. Ms. Thatcher takes an integrative approach to treatment by focusing on her client's strengths and resources while utilizing evidence-based clinical approaches including Cognitive-Behavioral Therapy (CBT), Interpersonal Psychotherapy (IPT), Solution Focused Therapy and Motivational Interviewing.

Ms. Thatcher earned her Bachelor of Arts (BA) from Ohio Wesleyan University and her Master of Social Work (MSW) from The Ohio State University. Ms. Thatcher offers a clinical knowledge and skill set of women and girls across the lifespan is grounded in variety of professional experiences. Her clinical experience includes acute care, hospice and palliative care, community mental health and private practice. In addition to her clinical roles, Ms. Thatcher has held administrative and supervisory roles as Director of several organizations and as a clinical field instructor at The Ohio State University. Additionally, Ms. Thatcher is an educator and public speaker having provided numerous presentations to organizations, professional groups, and community groups.

*Clinical Interests/Focus: Women's Behavioral Health, Grief & Loss, Bereavement, Anticipatory Grief, Mood & Anxiety Disorders, Adjustment, Geriatric Behavioral Health, Adolescent Behavioral Health*

### **Karen Porter, MSW, LISW-S**

Karen Porter has extensive experience in working with adolescents and young adults diagnosed with cancer and other life-threatening health conditions, end-of-life care, and behavior modification. Her experience in a variety of community and medical settings provides a diverse background and understanding of the client systems that affect clients during significant life. Ms. Porter enjoys working with women and girls to overcome challenges, let go of what is not serving them, and become their authentic self.

Ms. Porter earned her Bachelor of Social Work (BSW) from Ohio University and Master of Science in Social Administration (MSSA) from Case Western Reserve University. Ms. Porter has held several leadership positions to support efforts in promoting health and wellness in Central Ohio. She represented The OSU's College of Social Work at the National Summit on Promoting Well-Being and Resilience in Healthcare, served on Nationwide Children's Hospital's Social Work Professional Development Committee, and served on the conference planning committee for the Association of Pediatric Hematology Oncology Education Specialist and the Association for the Education of Children with Medical Needs. In addition to her role at CWW, Ms. Porter is a field coordinator and lecturer at The Ohio State University College of Social Work. Her national professional presentations have included topics of utilizing a wellness perspective when working with teens and adults facing chronic and terminal health challenges, navigating end-of-life issues with patients, and promotion of health and wellness in professional human service work.

*Clinical Interests/Focus: Health & Wellness, Adolescent Behavioral Health, Women's Behavioral Health, Grief/Bereavement, End-of-Life Care*

### **Sarah A. Lawn, MSW, LISW-S**

Sarah Lawn utilizes a strengths-based and solution-focused approach to helping individuals overcome anxiety, depression, mood disorders, life transitions, and trauma. Ms. Lawn applies a variety of therapeutic treatment modalities, including Solution Focused Therapy, Cognitive Behavioral Therapy (CBT), and Dialectical Behavioral Therapy (DBT). Ms. Lawn believes that individual growth can best be explored by taking a client-centered approach.

Ms. Lawn received both her Bachelor of Science in Social Work (BSW) and Bachelor of Arts (BA) in Women's Studies from The Ohio State University. She obtained her Master of Social Work (MSW) from the University of Cincinnati. In addition to Ms. Lawn's broad clinical experience working with those seeking support for depression, anxiety, and trauma, she has worked extensively with individuals and families who have experienced intimate partner violence and victims of human trafficking. Ms. Lawn has a wide reach of clinical experiences working with adults and adolescents in hospital emergent care, outpatient mental health, and those diagnosed with autism spectrum disorder, and developmental disabilities. Ms. Lawn is passionate about providing trauma informed services to individuals, especially those in helping professions or caretaker roles, who may experience burn out, vicarious trauma, and compassion fatigue. Prior joining CWW, Ms. Lawn held several clinical leadership roles. Her most recent role was serving as a regional Clinical Director for a large, state-wide, mental health services provider.

*Clinical Interests/Focus: Women's Behavioral Health, Mood & Anxiety Disorders, Trauma, Front-Line/Helping Professionals, Relationship Distress, Domestic Abuse, Life Transitions*

### CWW COMPANY CULTURE MANIFESTO

Columbus Women's Wellness, LLC company culture is anchored by *collaboration, respect, and individual value* in all those who are a part of CWW.

- CWW strives to promote respect and fairness among all employees. Each CWW employee is valued and respected for the role they hold as integral to further CWW's mission.
- CWW is committed to overcome implicit biases toward race and ethnicity in practice invitations to potential providers and employment offers to staff to expand and maintain a diverse, representative provider and staff pool for those CWW serves.
- CWW is proud to be an equal opportunity workplace. All qualified applicants will receive consideration for employment without regard to and will not be discriminated against based on age, race, gender, color, religion, national origin, sexual orientation, gender identity, veteran status, disability or any other human experience category.
- CWW strives to promote trust and integrity between and among employees, clinical providers, and the community.
- CWW encourages new ideas to be voiced. New ideas are valued. Change and adaptability are an integral part of CWW's success.
- CWW encourages teamwork among employees and clinical providers.
- CWW expects employees and clinical provider to take responsibility and accountability for accomplishments and defeats. We celebrate success and problem-solve mistakes.
- CWW supports new learning opportunities for employees and clinical providers as a pathway to support individual professional development and the overall mission and objective of CWW.

CWW has a clear purpose in our community and larger culture. To provide specialized mental health services to women and adolescent girls in an empowering, supportive, non-judgmental environment. Each employee and clinical provider is a steward of CWW's purpose.