

Allison Perks

Adjunct Lecturer Dept. of Adult Mental Health and Wellness at USC Suzanne Dworak-Peck School of Social Work

Los Angeles, CA, US

Mental wellness expert, focusing on the health of families and individuals

Biography

As a Licensed Clinical Social Worker with over 18 years experience as a psychotherapist, Allison specializes in psychotherapy for adults and she maintains a private practice in Los Angeles, CA. Allison has spent many years providing supervision to therapists. Among Allison's areas of expertise are trauma, sexual assault, depression, anxiety, prenatal and postpartum issues, pregnancy loss and infertility, and guidance through family transitions.

Most recently Allison worked at a nationally renowned rape crisis center, functioning as the clinical director, providing supervision to therapists working with individuals who have been sexually assaulted, running day-to-day operations, and conducting trainings and seminars for lay and professional audiences. Further, Allison is an instructor in the Graduate Social Work Program at UCLA.

Allison's background includes working in several hospitals in the Los Angeles and San Diego areas specializing in maternal child health, neonatal intensive care, and pediatrics.

Allison is an interactive, solution-focused therapist, with a psychodynamic background. Her therapeutic approach is to provide support and practical feedback to help clients effectively address personal life challenges. She integrates complementary methodologies and techniques to offer a highly personalized approach tailored to each client. With compassion and understanding, Allison works with each individual to help them build on their strengths and attain the personal growth they are committed to accomplishing.

Industry Expertise

Mental Health Care, Research, Education/Learning

Areas of Expertise

Interpersonal Neurobiology, Eye Movement Desensitization and Reprocessing (EMDR), Adult Mental Health & Wellness, Somatic Therapy

Education

San Diego State University-California State University
MSW Clinical and Medical Social Work

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