

# **Amy Alexander**

**Adjunct Assistant Professor Dept. of Children Youth and Families at USC Suzanne Dworak-Peck School of Social Work**

Los Angeles, CA, US

Professor Alexander practices a variety of approaches, including solution-focused therapy and cognitive behavioral therapy

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## **Biography**

AMY ALEXANDER is an adjunct assistant professor in the Virtual Academic Center, teaching Human Behavior in the Social Environment and Advanced Theory and Practice with Families. She has been with USC since 2011.

Alexander is a licensed master social worker in the state of Michigan and currently works as the director of employee wellness at Child and Family Services of Saginaw. As director of this local EAP, she provides a range of supportive services to more than 20 local businesses, organizations and municipalities. She oversees the provision of counseling services to employees and families of the companies she serves and also offers consultation to supervisors, trainings, staff development, professional coaching, team building, mediation and a host of tailored services to assist the organizations served by the Employee Wellness Center. Prior to working in her current position as EAP director, she worked with children and families in home and clinical settings.

Her philosophy of care is person-centered and empowerment-based. Alexander practices a variety of approaches, including solution-focused therapy, narrative therapy, cognitive behavioral therapy, improvisation and stressed-based mindfulness.

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## **Industry Expertise**

Education/Learning, Writing and Editing, Research

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## **Areas of Expertise**

Cognitive Behavioral Therapy, Employee Wellness, Child and Family Services, Social Work, Narrative Therapy

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## **Education**

**Grand Valley State University**  
M.S.W.

**Central Michigan University**  
B.S.

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