

Denise Robinson

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

Los Angeles, CA, US

Licensed Clinical Social Worker Operating in the Greater Los Angeles Area

Biography

I am a licensed clinical social worker with over 25 years of professional experience. My practice orientation as a psychotherapist is in behavioral health counseling, shame resilience theory, and complimented by key concepts and principles of solution focused therapy, positive psychology, mindfulness, and self compassion. I am a certified Daring Way (tm) candidate (CDWF-Candidate) LLC, a psycho-educational curriculum based on the research of Dr. Brene Brown. I work primarily with adults, athletes and those who want to achieve their best performances while striving for an enhanced quality of life.

My clinical practice and consultations focus on creating environments of safety and support so that individuals can bravely recognize their vulnerabilities, manage their shame triggers, and learn how to become more authentic in their personal relationships and professional settings.

My professional experience includes dealing with the aspects of psychological trauma and abuse, relationship issues, PTSD, and grief.

Industry Expertise

Social Services, Health and Wellness, Education/Learning, Health Care - Providers

Areas of Expertise

Trauma and Abuse, Relationship Issues, Shame Resilience Theory, Healthy Aging, Social Work, Mental Health, Health Counseling, Quality of Life, Ptsd

Affiliations

National Association of Social Workers, Association for Applied Sport Psychology

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