

Kristen Gardenhire

Adjunct Assistant Professor of Social Work at USC Suzanne Dworak-Peck School of Social Work
Los Angeles, CA, US

Kristen Gardenhire is an expert in trauma-focused cognitive behavioral therapy, managing and adapting practice, and seeking safety.

Biography

KRISTEN GARDENHIRE is a licensed clinical social worker who has worked at a variety of agencies providing mental health services for low-income urban populations. She is currently a clinician and supervisor at the Long Beach Trauma Recovery Center, an organization that provides treatment and case management for victims of crime and trauma in the Long Beach area.

Previously, she served as a clinician at a Department of Mental Health-contracted agency, where she worked with youth and adults experiencing a variety of mental health issues. For more than a year, she lived in India and worked with a nongovernmental organization that rescues, rehabilitates and advocates for victims of trafficking all over the world.

Gardenhire is trained and certified in several evidenced-based practices, including trauma-focused cognitive behavioral therapy, managing and adapting practice, and seeking safety.

Industry Expertise

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

Areas of Expertise

Seeking Safety, Trauma, Cognitive Behaviour Therapy

Education

University of California, Los Angeles
M.S.W.

Cal Poly State University, San Luis Obispo
B.A.

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