

Sofia Reddy

Adjunct Assistant Professor at USC Suzanne Dworak-Peck School of Social Work

Los Angeles, CA, US

Licensed Independent Clinical Social Worker

Biography

SOFIA REDDY, a licensed independent clinical social worker in Massachusetts and Adjunct Assistant Professor at USC, teaches courses in the Department of Mental Health and Wellness in the Virtual Academic Center. She specializes in providing mental health services to Veterans and civilians diagnosed with PTSD and substance use disorders, as well as other comorbid diagnoses. She currently serves as a social worker in VA New England's Maternity Care Coordination Program.

From 2008-2017 Reddy provided mental health services in VA Boston's outpatient and residential treatment programs. During her time in the mental health service line she served in the collateral roles of Intimate Partner Violence (IPV) Co-Coordinator and the facility's Military Sexual Trauma (MST) Coordinator. In these roles she provided education and training to Veterans, staff and trainees on VA services available as well as guidance to providers on implementing evidence-informed practices. In addition, she has also served on the Massachusetts governor's subcommittee to address MST and provide seamless access to services in the state. She has spoken regionally and nationally about MST and IPV, its impact on Veterans, and the use of evidence-informed treatments. Reddy also worked as a member of the national social work education committee and received recognition by VA's national social work executives.

Prior to her appointment at the VA, Reddy provided mental health services to adults with serious mental illness in the private sector. As an assistant program director in a community-based day treatment program, she collaborated with the Department of Mental Health and other agencies to assist clients transitioning to the community from inpatient levels of care. She also provided clinical social work services to children and adolescents admitted for inpatient mental health care at a private psychiatric hospital in Houston, Texas.

Reddy is passionate about providing collaborative evidence-informed treatments to her clients and their families to maintain optimal health and wellbeing. She provides trainings and education on self-care to prevent burnout for social workers and other professionals. She hosts trainings and workshops about preventing personal and work life burnout by promoting compassion satisfaction. Reddy manages a blog about mindful self-care strategies called Sofia's Sanctuary in which she also shares guided meditations and reflections to help reduce stress.

Industry Expertise

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

Areas of Expertise

Mental Illness, Mental Health, Social Work, Military Social Work, Veteran Combat Trauma

Education

University of Houston
MSW

Boston University
BA

Accomplishments

Certificate of Recognition for Extraordinary Service as a Social Work Education Committee Member
2014

National Director of Social Work Care Management and Social Work Services, Department of Veterans Affairs

Special Advancements for Achievement

2011, 2012, 2014

VA Boston Healthcare System

Certificate of Appreciation

2012

National Director of Social Workers, VA Office of Patient Care Services, Care Management and Social Work Service, Department of Veterans Affairs

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