

**Holly Lark** (Social Emotional Learning Counselor) is a Licensed Master Social Worker and psychotherapist. She graduated with her Bachelors of Science in Family Studies and Human Development, with a minor in Counseling, from The University of Arizona. She completed her Master's in Social Work from the University of Houston. After completing her training as a Clinical Social Work Intern at The Lovett Center, where she provided psychotherapy she was hired on as a clinician where she provided individual and adolescent group therapy. She has assisted students in school settings work through and overcome challenges. She provided supportive counseling to students at HSPVA for two years. Holly has previously provided therapy through internships at Quest Counseling and Consulting in Reno, Nevada. In addition she interned at Baylor College of Medicine Community Programs. Holly has experience working with adolescents, young adults, and their families around areas of mental health, substance abuse, and behavioral and emotional regulation. She has helped clients to discover their purpose and strengths. Holly has experience working with clients struggling with eating disorders, body image issues, anxiety, depression, trauma, family and relationship concerns, mood disorders, grief and loss, and life transitions. Holly works to cultivate hope and create change through the trusting and open relationships she builds with clients.