



# **Cayhla Smart, BSW, MHP**

## **Youth CST Clinician**

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### **Education and Certification**

Bachelor's Degree in Social Work, minor in Sociology from Loras College; Dubuque IA.

### **Specialization**

WRAP Certified.

### **My Treatment Philosophy**

I believe in the importance of healing and recovery, recognizing behaviors and dissecting unresolved traumas. We are a team, let's work together. Wellness and recovery are not only possible for everyone, but an essential part of growth. I navigate with aims of building rapport, discovering strengths/needs and identifying any changes that the client may be interested in enduring with the support of a clinician.

### **A little bit about me...**

I enjoy thrifting, yoga, exploring new coffee shops, anything creative, and spending quality time with my cat, "Goose".



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