



Emma Griffith, MSW, QMHP

CST Clinician

Education and Certification

Bachelor of Arts in Social Work and Master of Social Work (Advanced Generalist) from the University of Kentucky.

My Treatment Philosophy

I use the person-centered approach, meeting clients where they are and emphasizing their unique strengths. My goal is to create a supportive environment where clients feel truly heard and respected. I recognize that progress in therapy is often nonlinear, with both challenges and breakthroughs along the way. I adapt my approach to each individual's needs and goals, ensuring treatment is relevant and effective. Ultimately, I focus on building trust and supporting sustainable, positive change in clients' lives.

A little bit about me...

I like spending time with my two dogs, Blu and Midnight. My boyfriend and I enjoy taking them on walks when we can. I enjoy being outside, but I also like staying in and relaxing. Watching TV or chilling on the couch is my favorite way to unwind.



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