

Silvia Romero

Servicios en Español



ACSW # 119025

Silvia enjoys working with individuals and families to navigate life's challenges, whether personal, with family, or with peers. She has experience working with adolescents and young adults in school settings, transitional housing, and foster care. Silvia uses a strength-based and collaborative approach to foster hope, healing, resilience, and growth. Areas of interest include anxiety, depression, trauma, transitions and adjustments, identity development, parenting skills, and family communication. Silvia aims to empower her clients by creating a safe, nonjudgmental space where clients can process and heal. She hopes to help her clients engage and enhance their capacity for introspection, reflection, and self-awareness to better understand and navigate their past, present, and future, allowing them to feel empowered and hopeful in life's adversities and hardships.

Supervised by: Celena Mendez LMFT #129636