## A NEW CREATION, LLC.



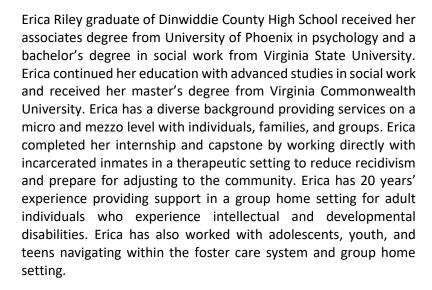
Erica L. Riley, Supervisee of Social Work QMHP A/C



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As a supervisee of Social Work, Erica currently provides cognitive behavioral therapy with individuals and groups for children and adults. Sessions are held face to face and virtually. Erica has cultivated a passion for educating others on mental health and learning how to heal within. Erica's practice is based on cognitive behavioral therapy which focus on exploring unhealthy thoughts, feelings, and actions. Erica also integrates within her practice trauma informed care and holistic healing which provides education on wellness to reduce trauma in the body.

## Erica's areas of practice include:

- Mood Disorders, Bipolar, Anxiety, Anger Management
- Depression, Behavioral Issues, Addiction, At Risk Youth
- Trauma/PTSD
- Coping Skills

## Additional healing services include:

- Sound bowl healing
- Spiritual health with aquatics
- Beginning shadow work
- Healing with herbs and oils

