

A NEW CREATION, LLC.



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



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Erica Riley graduate of Dinwiddie County High School received her associates degree from University of Phoenix in psychology and a bachelor's degree in social work from Virginia State University. Erica continued her education with advanced studies in social work and received her master's degree from Virginia Commonwealth University. Erica has a diverse background providing services on a micro and mezzo level with individuals, families, and groups. Erica completed her internship and capstone by working directly with incarcerated inmates in a therapeutic setting to reduce recidivism and prepare for adjusting to the community. Erica has 20 years' experience providing support in a group home setting for adult individuals who experience intellectual and developmental disabilities. Erica has also worked with adolescents, youth, and teens navigating within the foster care system and group home setting.

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

