

Kelly Caul, MSW, LCSW

As a Licensed Clinical Social Worker, I am committed to supporting you as you work towards discovering your inner **strength**. It is truly a privilege to work with you as you fight to overcome life's obstacles and soothe your inner hurts. It is my goal to provide an environment where you feel safe to share your story, embrace imperfections, and reclaim dreams. I feel honored to be a part of your journey and to witness you discover the **strength** to speak your truth. There are times for all of us when life becomes overwhelming, when hope is lost, and it feels impossible to make connections. In these moments we can all use more support. Therapy can be the first step to saying YES to yourself; to making YOU a priority. Life is a result of our **choices** and within us lies the power to create personal growth and rewarding relationships. I strive to **EMPOWER** you to make healthy decisions, to grow as an individual, and to live your best life. Within every experience there is a gift, an opportunity to blossom, to live a more powerful and meaningful life. As partners we will work towards nurturing the **strength**, confidence, and skills you need to succeed.

Master of Social Work, George Warren
Brown School of Social Work,
Washington University in St. Louis
Bachelor of Arts in Psychology and
Philosophy-Neuroscience-Psychology,
Minor in Art;
Washington University in St. Louis

Trained **EMDR** Therapist
(Eye Movement Desensitization & Reprocessing),
a therapeutic approach used in the
treatment of Post Traumatic Stress
Disorder, anxiety, and a range of other
mental health issues

Professional Affiliations

Mother to Mother, Board Member
Missouri Coalition Against Domestic &
Sexual Violence
Missouri Society for Clinical Social Workers
National Association for Social Workers

Location

7225 Manchester, 2nd Floor
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empowered

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Individual, Family, &
Group Therapy

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Teen Issues ✎ Women's Issues
Trauma ✎ Sexual Assault/Abuse ✎ EMDR
Identity/Self-Esteem ✎ Self-Injury ✎ Anxiety
Eating Disorders ✎ Depression ✎ Mood Disorders
Parenting ✎ Relationship Issues ✎ Life Transitions
School Difficulties ✎ ADHD ✎ Crisis Counseling
Anger/Aggression Management
Sexual/Gender Identity ✎ Grief/Loss

You have the **CHOICE**.
You have the **POWER**.
You have the **STRENGTH**.
CREATE YOUR LIFE.

Individual Therapy

- Supportive & confidential environment
- Safe place to work through obstacles, struggles, & past traumas to find success
- Focus on strengths & build capacity to make healthy decisions
- Develop the solutions needed to move forward & increase self-awareness
- Use of creative & artistic activities to help process through difficult emotions or situations as needed

It is my role to respect your values and the goals you set out to reach in therapy. By being authentic and objective throughout the therapeutic process, I will work to provide insight and new ideas. Whatever it is that you are aiming for, and whatever your mission is in life, let it be our guide.

Family Therapy

Family therapy can be a significant and powerful component in the healing process.

- Enhance understanding & strengthen relationships
- Identify and build upon strengths
- Find more positive & productive ways of communicating

Adolescents

It is critical for adolescents to feel respected, validated, and understood. Adolescents need to feel powerful, and know they have the strength to affect their world and their identity.

Being a teen today comes with tremendous pressures which can be overwhelming. Whether it is struggling with finding healthy ways to cope, dealing with social pressures, sorting through intense and confusing emotions, surviving school or relationships – sometimes just having someone to talk to can make all the difference.

Group Therapy

Group therapy is a safe and rewarding way to connect with and learn from others who are dealing with similar issues. As a group member you are a valuable resource to the other members as you share your experiences – both your successes and struggles.

- Therapy groups focus on a range of issues:
 - self-esteem & identity
 - healthy relationships
 - building positive coping skills
 - anger management
 - leadership development
 - positive youth development

Interactive Workshops

Interactive workshops are designed to empower teens and young adults by utilizing experiential learning activities.

- Designed upon request to meet the expressed needs of the school &/or group
- Scheduled as a one time event or set up in a series of sessions
- Topics include issues such as:
 - self-esteem building
 - healthy relationships
 - social skills
 - bullying prevention
 - relational aggression
 - conflict resolution
 - peer leadership
 - diversity
 - team building
 - communication
 - violence prevention
 - eating disorders
 - stress management
 - emotional literacy

Consulting and Trainings

Consulting work and trainings can be designed upon request for any group, including parents and educators, on a variety of topics.

- Topic examples:
 - parenting support/skills
 - emotional literacy
 - healthy relationships
 - positive youth development
 - positive reinforcement programming

You have the CHOICE. You have the POWER. You have the STRENGTH.