

Carey Gil, LCSW has spent over 20 years supporting Bay Area families in their growth and healing. Licensed since 2010, she has provided social work and mental health services to individuals and families ages 4 and older. With extensive experience working with foster youth (both domestic and international) , parenting teens, foster/adoptive families and families in crisis, her areas of specialization include building and repairing attachment, trauma treatment, parent-child relationships and parenting coaching. Her years of cross-cultural experience working with refugee and immigrant youth and families lends a cultural lens to her work. She has served in management and lead capacities in many of the organizations she has had the honor to work for including Catholic Charities' Refugee Foster Care Program, Planned Parenthood's Adolescent Family Life Program, and Uplift Family Services.

Carey's relationship-based and holistic approach to mental health services incorporates training in traditional psychotherapy methods such as CBT, DBT and Motivational Interviewing with experiential methods including play, art, music, and in-vivo experiences. She is a Certified Family Trauma Practitioner, 5150 Evaluator for Santa Clara County, TBRI Practitioner, SAFE Homestudy Evaluator and Trauma-Focused Cognitive Behavioral Therapy certified. She is trained to provide trauma-sensitive therapy for all types of trauma and attachment challenges and firmly believes in the human power to triumph and blossom after hardship and trauma because she has born witness to it hundreds of times.

Carey says that her greatest learning is done at home parenting her own three children. She is also an adjunct professor at the San Jose State University School of Social Work, teaching graduate and undergraduate classes in individual and family therapy practice, and enjoys sharing her passion with the next generation of helping professionals. She develops and teaches parenting and mental health groups and classes throughout the Bay Area.