

Tiana Dickenson, MSW



A Message from Tiana (she/they)

All people are a dynamic combination of their experiences and identities. These aspects deeply shape how they connect with others every day. Together, you and Tiana can explore how these pieces of your story influence your relationships whether with family, friends, or within broader systems. Tiana takes a compassionate and client-centered approach, integrating principles of intersectionality and social constructivism to explore each client's unique narrative.

Tiana specializes in providing trauma-informed therapy for children, adolescents, and young adults, guiding them through the journey of processing their trauma stories. Her goal as a clinician is to ensure you feel safe and empowered to explore your story and how it influences your everyday behaviors and responses, taking a holistic approach to work with you in your healing and growth. She also works with clients experiencing life challenges, anxiety, depression, and/or individuals ready to embark on self-exploration.

She has over 5 years of experience working with children and adolescents who have experienced trauma along with experience in school and medical social work.

Areas of Specialty

Trauma (sexual, physical, experience-based trauma, trauma processing), PTSD, Anxiety/Depression, Identity/self-exploration, ADD/ADHD, Personality Disorders, Substance Use Recovery

Treatment Modalities

CBT, DBT, Narrative therapy, self-compassion, intersectionality and social constructivism, ecological systems

Education & Training

Master of Social Work from Rhode Island College

Bachelors in Psychology, Chemical Dependency and Addiction Studies, with a minor in Queer Studies

Insurances Accepted

Supervisor

Contact the Team at Embodied Living Counseling to schedule an appointment with Tiana at;

https://docs.google.com/forms/d/1ATMvnYIBoa7EuzDxT6O9iU9CSi3TC2iVrMmUq4PA5ig/viewform?edit_requested=true