# Lane Trujillo, LCSW

## Biography

I am a Licensed Clinical Social Worker (LCSW) in the State of Colorado, practicing as a therapist at Arapahoe Community College and in private practice in the Littleton area. My areas of expertise include psychological trauma, depression, anxiety and stress, college specific adjustments, life transitions, grief and loss and mind/body practices.

I have experience working with adults with diverse backgrounds and ranges of concerns. I am trained in trauma based therapies, cognitive-behavioral and mindfulness therapies as well as animal assisted therapy. I am a client centered therapist, meaning the client’s concerns are always my first consideration in treatment in a holistic and respectful environment.

I am a professional member of the National Association of Social Workers (NASW) and a certified member of the Eye Movement Desensitization and Reprocessing International Association, (EMDRIA). I continue to educate myself by attending national and local conferences and keeping up with current therapy research.

## Education

BS – Human Services-Metropolitan State University

MSW –Master’s in Social Work from University of Denver

## License/Certifications

Licensed Social Worker (LCSW) – CO State #00001260

Certified EMDR therapist through EMDRIA

Training in Animal Assistance Therapy