



**Sarah Regling**  
MSW, LCSWA

## About Sarah Regling.

Sarah Regling is a Licensed Clinical Social Worker Associate (LCSWA) in the state of North Carolina. She earned her Master's in Social Work from the University of North Carolina at Pembroke and holds a Bachelor's Degree in Psychology: Counseling and Human Development with a Family and Child Development cognate from Liberty University.

Sarah has experience working with individuals of all ages. She has worked in the school setting as a School Social Worker, provided Intensive In-home enhanced services with children and adolescents, and worked in outpatient therapy settings, offering individual and group therapy services for children, adolescents, and adults.

Sarah uses a cognitive behavioral therapy-based approach, along with solution-focused and family systems approaches. She also loves being hands-on during her therapy sessions, utilizing a variety of techniques, including psychoeducation, mindfulness, play therapy, and writing and art exercises.

Sarah enjoys working with individuals from diverse backgrounds on issues such as ADHD, depression, anxiety, self-esteem, stress, school/work difficulties, parent/child issues, and other mental health and life concerns.

Sarah enjoys spending time with her husband, daughter, and dog. Together, they love going on mini adventures, trying new coffee places, spending time outdoors, hiking, camping, and appreciating nature. In her spare time, Sarah enjoys baking and crocheting.