



Courtney Blake
MSW, LCSW

About Courtney Blake.

Courtney Blake is a Licensed Clinical Social Worker, licensed by the North Carolina Social Work Certification and Licensure Board. She completed her undergraduate studies at UNC-Wilmington and earned her Master of Social Work degree from UNC-Pembroke.

Courtney has experience working with children, adolescents, young adults, adults, and the elderly. During her undergraduate studies in Social Work at UNC-Wilmington, Courtney gained experience working with elementary-aged girls in a Girl's Empowerment Group and with at-risk youth. She collaborated closely with an agency serving youth at risk of gang involvement in New Hanover County. Additionally, Courtney worked with the New Hanover Sheriff's Department on events, county-mandated meetings, and natural disaster response groups.

While pursuing her Master's in Social Work, Courtney worked with Richmond County Hospice in various capacities, including in-home visitation, fundraising, and facilitating a monthly grief group for family members who had lost a loved one through Richmond County Hospice.

Courtney most enjoys working as a clinician, serving individuals ages six and older in an outpatient mental health agency. Her primary clinical interests include the treatment of oppositional defiant disorder, adjustment disorder, anxiety, ADHD, and depression in children, adolescents, and adults, as well as providing therapeutic services to families and couples.

Courtney thoroughly enjoys spending time outdoors, kayaking, fishing, playing a variety of sports, and being at the beach. She also enjoys crafts, board games, and hands-on activities, often incorporating these into her sessions as appropriate therapeutic outlets.