



Monica Baker
Licensed Master Social Worker

Monica will be providing counseling services to our clients via telehealth. Monica received her Bachelor's Degree in Psychology at the University of Phoenix and her Master's Degree in Social Work at Rutgers University. Monica is trained and experienced in CBT, DBT, Family Systems Therapy, Grief Therapy, Couples Therapy, MBCT, Solution Focused Therapy, and Trauma-Focused Therapy.

Monica enjoys working with all populations. She works with kids, teens, and adults. She believes that everyone has different needs and therefore requires a custom approach to therapy. Monica likes to help people with trauma, grief, anxiety, depression, communication, and other mental health struggles.

Monica loves being outside to swim, fish, hike, and do yoga. You often will find her reading, cooking, doing arts and crafts with her daughter, and spending time with her three two dogs and three chickens. Monica also loves to travel.