

# Sharon Olson Gilmore, LCSW

## Areas of Emphasis:

- Divorce, Separation, and Remarriage Issues
- Parenting Issues
- Grief and Loss Counseling
- Alcoholism, Addiction, Relapse Prevention Counseling
- Stress Management Counseling
- Women's Issues
- Coping with Chronic Illness
- Senior Citizen Issues, including Senior Caregiver Counseling
- Depression
- Life Transitions
- Self-esteem Issues

## About Me

I focus on creating an atmosphere of safety, trust, and respect in which my clients can begin to achieve their goals of positive life change. I believe in supporting the client in identifying and achieving his/her goals through the use of empathy and skills gained in my years of professional and life experiences.

I have always been active in the psychiatric community, providing my services to various organizations that offer support for children, parents, and those coping with grief, substance abuse, and other psychological issues. Inspired by my background in sociology and my experience in working with both individuals and groups, from time to time I form support groups through which my clients can benefit from the validation of speaking with other people facing the same issues. I am a Licensed Clinical Social Worker in the state of Missouri, and I enjoy working with children, adolescents, and adults.

*I am available for weekend and evening appointments, subject to availability. I also reserve some appointment slots for sliding scale (reduced fee) clients.*

Call me at (314) 983-0070 to make an appointment.

## Education

- Masters in Social Work, Washington University In St. Louis
- BS, Sociology and Psychology, University of Tulsa

## Professional Experience

I have a vast array of experience in the field of counseling and social work. I worked for 13 years as a therapist at a very renowned agency in St. Louis, Kids in the Middle, helping kids and their families cope with the transitions of separation, divorce, and remarriage. I conducted both group and individual therapy sessions with children ages 3-18. I also facilitated Parent Education Workshops as well as Parenting Classes for the St. Louis City courts. I have given talks to the community and on TV news programs regarding the effects of divorce on children.

I also have experience in the field of substance abuse. I have worked under the expertise of Dr. David Ohlms at SSM Health Care, in the Chemical Dependency program for adults, in their inpatient, outpatient and relapse programs. I facilitated individual, group and family sessions as well as aftercare and creative expression groups. I have worked with adolescents in several chemical dependency hospitals doing individual, group and family therapy as well.

I have experience working at the former Incarnate Word Hospital, one of the only Geriatric hospitals in the St. Louis community, as a Social Worker in the Dept. of Psychiatry. I also consulted with patients in nursing homes who had psychiatric diagnosis.

Please feel free to call me with any questions; I would love to talk with you.