



Diem Cao, LMSW, CADC

Therapist

Office | 616.988.3433

Fax | 313.899.7087

Email | diem@grcounseling.com

PRIMARY PRACTICE AREAS:

- Immigrants and Refugees
- Postpartum Depression Intervention
- Court Related | OWI/DUI
- Addictions | substances of abuse, eating disorders
- Phase of Life Issues | Relational, Adjustment
- Domestic Violence

LICENSURE & CERTIFICATIONS

- Clinical Social Worker license number is: 6801100644 and can be viewed and verified using the following link: <https://w2.lara.state.mi.us/VAL/License/Search>

THERAPEUTIC PHILOSOPHY

I strive to nurture a supportive, non-judgmental and safe therapeutic environment. Creating a strong and healthy therapeutic relationship is also very important to me as I believe all interactions are opportunities for healing, learning, and growing. I am mindful that everyone heals and recovers at a different pace with the appropriate support; therefore, my approach is eclectic and client-centered. I often turn to an integration of approaches notably derived from attachment, positive psychology, strength-based, mindfulness, Adlerian, and Humanistic understandings.

ABOUT ME

I am a Licensed Alcohol and Drug Counselor, and Clinical Social Worker with a Master of Clinical Social Work from The University of St. Thomas and St. Catherine University. I have extensive experience working with Southeast Asian refugee and immigrant populations. Previous experience includes working with adults and children in individual and group therapy using Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Solution-Focused, mindfulness based practices, and strength-based approaches. My practice includes treating clients who are struggling with depression, anxiety, post traumatic stress, relationship difficulties, domestic violence issues, co-occurring disorders (substance and mental health issues). I enjoy working with culturally diverse client populations and can offer service in Vietnamese and English. I can incorporate Christian values and spiritual-based approach within therapeutic intervention upon request. Ages 5+.

Outside of work, I like being with my family and friends. My husband and I are both active youth group leaders and we always enjoy our time mentoring our youth kids at our local parish.

INSPIRATIONAL QUOTES

- “The unexamined life is not worth living.” –Socrates
- “If I speak with the tongues of men and of angels, but do not have love, I have become a noisy gong or a clanging cymbal.” -1Corinthians 13:1
- “A dose of laughter is worth ten dosages of medication.” –Vietnamese Saying