

SARAH E. LIGHT, MSW/LCSW, is a Licensed Clinical Social Worker. Sarah obtained her Bachelor of Science degree while majoring in Social Work at Western Kentucky University in 2007 after completing a year-long internship at the Cabinet for Health and Family Services on the Investigation Unit. As a member of the Public Child Welfare Certification Program, Sarah immediately began employment with CHFS on the Juvenile Unit where she worked with teenagers and families of beyond control juveniles for 7 years. In 2011 Sarah completed the advanced standing graduate program at Western Kentucky University where she earned her Master's degree in Social Work. Sarah achieved licensure as an LCSW in 2017 and currently practices as an adult, child and family therapist at Wilson Counseling.

Sarah's primary therapeutic approaches include Reality Therapy, Cognitive Behavioral Therapy, Solution-Focused Therapy and multiple types of expressive therapies including Play and Art Therapy.

Sarah has completed more than 350 hours of training and has extensive experience in crisis intervention, conducting thorough assessments, addressing substance abuse and drug treatment options, working in collaboration with community partners, and working alongside of the Warren County Family and District Court systems. Sarah has also provided services to BSW and MSW interns from WKU. By providing wrap-around therapeutic services, Sarah is committed to helping remove or reduce barriers that prevent self-sufficiency in the clients she serves. Through providing support, treating mental health needs in individuals, maintaining a collaborative team approach, and connecting families to community resources, the families she serves experience increased success through reaching their fullest potential.

Community advocacy includes:

Plum Springs Baptist Church Food Bank Ministry 2013-present

Commonwealth Health Free Clinic 2003-2006

Woodland Hills Boys Home, Nashville, 2002-2003

Big Brothers/Big Sisters Organization, St. Louis, 2002

The Manna House, Nashville Transition Center, 2002