

# Lisa Greci, MSW, RSW



## Professional Summary

Lisa is a registered clinical social worker. In her work, Lisa is committed to supporting clients with a wide range of issues, including trauma, life transitions, low self-esteem, anxiety, and depression. In her work, Lisa understands that clients arrive at counselling with unique circumstances, and she works with each client to support them in achieving their goals. Lisa has over 20 years of leadership and entrepreneurial experience and employs CBT, mindfulness, and IFS therapy skills in her one-to-one direct therapy practices.

## Professional Specialties

- Leadership Coaching
- Low Self-esteem
- Anxiety and Depression
- Mindfulness and Meditation
- Perfectionism
- Burnout
- Trauma

## Education

- Master of Social Work, University of Toronto
- Bachelor of Social Work with Honors, Trent University
- ASIST (Applied Suicide Intervention Skills Training), Living Works, Toronto
- Clinical Applications of Internal Family Systems Therapy Certificate
- Gottman Method Training
- Compassionate Handling of Problematic Behavior, Homelessness Training



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## Professional Experience

Professionally, Lisa has supported vulnerable individuals who have histories of trauma, housing insecurity, and homelessness and has experience in developing community relationships that foster healing and awareness of mental health issues. Lisa is also experienced in working with high achievers and supports clients in maintaining a healthy work-life balance while achieving their goals.



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