

ALEXIS WILSON, MSW/CSW is a Certified Social Worker working to obtain her LCSW license. She obtained her bachelor's degree in Psychological Sciences from WKU in 2020 and her Master of Social Work degree from WKU in 2023. While she was an undergraduate, she worked as a research assistant for two years in Dr. Lickenbrock's Children and Families Lab. During her master's program she completed 400 hours of internship experience with the Suzanne Vitale Clinical Education Complex and 500 hours with Wilson Counseling. Alexis has experience working with adults and adolescents in crisis and people seeking services for substance use.

Alexis provides services with the belief that every person is deserving of basic human rights and equitable life experiences. She practices with a culturally sensitive perspective that understands how each person's lived experiences have shaped who they are today. She uses strengths-based and trauma-informed approaches to deliver services that are tailored to meet the needs of each individual.

Alexis currently provides counseling services for adults and adolescents, and she facilitates weekly Anger Management Groups at Wilson Counseling. Alexis' primary therapeutic approaches include Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, and Solution-Focused Therapy.