



ALYSSA UCHIDA

Licensed Clinical Social Worker, LCSW



Alyssa Uchida is a Licensed Clinical Social Worker (LCSW) experienced in a wide range of mental health issues. Alyssa is certified as an Applied Suicide Intervention Skills Trainer (ASIST) with extensive experience in training community health workers and community members with building the necessary skills needed to help a person at-risk. Alyssa has a passion for suicide prevention. She utilized this passion in developing a suicide prevention program through her work as a crisis therapist at a local community health organization. As part of the suicide prevention program, Alyssa worked collaboratively with area hospitals and other community organizations to further build awareness and provide additional support to individuals experiencing suicidal ideation.

Alyssa has experience working with adolescents and adults providing individual, family, couples and group counseling. Alyssa has worked with a wide range of ages and diagnoses, including mood, psychotic, behavioral and personality disorders. Through her experience, Alyssa recognizes the complexities of each individual situation. She believes each person is unique and understands the first step in gaining self-awareness is by working independently with the client to ensure they feel validated and understood.

Alyssa's therapeutic approach is diverse and tailored to meet the needs of each individual client in order to build a strong, collaborative and therapeutic relationship. Alyssa leans toward goal-oriented and strength-based modalities but also works creatively with each individual to ensure each client has the opportunity to find the best version of themselves.