



Jane Moore, LCSW

Credentials: Masters of Social Work

Specialties: □ Behavioral Health, Self-care/Wellness, Insomnia, □ Anxiety/Depression, Healthy Eating, Children/Youth and Families, Life Transitions

Jane Moore, LCSW, is a social worker specially trained to work as a member of your primary care team. She provides brief intervention (not traditional psychotherapy) to help you with emotional or behavioral problems such as difficulties with your family or relationships, grief, excess stress, depression, anxiety or anger.

Jane is a native of Kansas and received her Bachelor of Social Work degree from Washburn University in Topeka. She moved to Denver in pursuit of post-graduate education in social work and earned her Master's degree from University of Denver in 1994. This training provided specialization in children, youth and family behavioral health with an emphasis in mental health.

As a licensed clinical social worker, Jane has patient experience with Trauma recovery, ADD/ADHD management, Mood disorders, Depression/Anxiety, Grief counseling and Life transitions. Brief Solution Focused and Cognitive Behavioral Therapy are tools regularly employed by Jane in her practice. She strives to find self-care practices that are compatible and can be integrated with the patient's needs and lifestyle.

As a personal advocate of the body-mind connection, Jane has completed training in several disciplines which facilitate dance, martial arts and mindfulness integration; a truly holistic balance of body/mind/spirit.