



SARA RIGGS, LCSW

Location & Session Options:

Sara meets with clients at her office in downtown Apex, outdoors at a lake nearby for ecotherapy and offers virtual sessions.

Additional Offerings:

EcoSomatic Sessions, LCSWA Supervision, Extended-Intentional Sessions, Professional Consult and group support (coming soon).

Bio:

Sara (she/her) started her private practice in 2018 and transitioned to include ecotherapy in 2020. She is a Licensed Clinical Social Worker, embodiment therapist, eco-somatic practitioner, mom and conscious earthling. In therapy, Sara weaves together somatic & trauma healing practices including Sensorimotor Psychotherapy, Embodied Recovery for ED, IFS, and Ecotherapy.

SPECIALIZATIONS

- attachment trauma
- complex trauma & PTSD
- eating disorders, body image & body connection issues
- anxiety/burnout
- people pleasing
- loneliness
- chronic pain/illness
- ADHD & ASD
- emotional/sensory sensitivity
- climate & political anxiety

ADDITIONAL TRAININGS & INTERESTS

- Dialectical Behavioral Therapy, Psychedelic Assisted Therapy, the Work That Reconnects (Joanna Macy), and Mindfulness

SARA ENJOYS WORKING WITH:

- High school aged teens
- Adults
- Women, men, LGBTQIA2S+ folks, those who belong to BIPOC communities, & people in traditional and open-non-monogamous relationships.
- People interested in exploring gender identity, sexuality and pleasure.
- People seeking therapy that offers a holistic, compassionate, science-based, social justice lensed, HAES, sensory sensitive, ancestral, connective, outdoors, psychedelic, relational, and trauma sensitive healing experience.

COST

- \$150 for one hour
- Sara is out of network with insurance companies, but does offer filing for OON benefits.
- Sliding Scale

