

Greta Soderholm, LICSW, LADC

Focused Family Coach

Contact Information

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Education:

1999- Bachelor's Degree in Social Work, University of Vermont, Burlington

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Greta Soderholm is a Clinical Social Worker and Licensed Alcohol and Drug Counselor. In conjunction with working as a Focused Family Coach at UVMMC, Greta is also an Adjunct Professor at the University of Vermont teaching in the Social Work Department. Since graduating from the University of Vermont, Greta has worked in agencies within Vermont over the last 20 years with a focus on serving the unique needs of individuals and families. Greta has experience in both direct practice and leadership roles within agencies. Greta greets the work with a collaborative and strengths-based approach to achieving overall healing and wellbeing using evidence-based treatment including Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Motivational Interviewing, as well as mindfulness and movement based approaches. Greta has a great deal of knowledge and experience working with adults and children who face anxiety, depression, complex trauma, attachment issues, and substance abuse issues in their life journey. When not working, Greta can be found enjoying the great outdoors of Vermont through running, hiking and playing with her family.