

Kaeden Kass, MSW

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SOCIAL WORKER

Hi, I'm Kaeden (he/him/his), and I am a licensed social worker in the states of Ohio (LSW) and Kentucky (CSW). I completed my graduate studies in Social Work at the University of Cincinnati, with a focus on transgender adolescent and young adult mental health. I have an eclectic professional background, with experience providing affirming mental health treatment, health education, crisis intervention, and health care navigation services for trans and queer folks and their families, neurodivergent folks, people living with HIV/AIDS, people with eating disorders, people with substance use disorders, and survivors of trauma. At ASAP, I co-facilitate an intensive outpatient DBT-based therapy group for adolescents and their families.

As a queer, trans, neurodivergent, and disabled person myself, I know what it's like to walk through the world in a marginalized body, and I know what it's like to feel like you're always on the outside looking in. My therapeutic approach is rooted in vulnerability, collaboration, transparency, and self-determination, and I am passionate about creating spaces where people with marginalized identities and experiences can feel seen and understood. I am a steadfast believer in the healing power of human connection, and my goal as a therapist is to provide the opportunity to share whatever hardships you're experiencing or goals you're working toward, and always be met with compassion, empathy, and a sense of unconditional support. Further, I believe that every person is the expert in their own experience, and I will never tell you that your beliefs, identities, or experiences are wrong. Rather, I will always meet you where you are and work *with* you to help you build a life worth living.

When I'm not in the therapy room, you can often find me cozied under a blanket with my retired greyhounds Pumpkin and Truffle, singing with my a capella band, or binge-watching *The Bachelor* with my husband.

I look forward to getting to know you soon!

To contact Mr. Kass, please feel free to email him at kaedenkass@asapcincinnati.com.