

PROVIDER PROFILE

Christy Ross, MSW, LICSW



Behavioral Health

Christy Ross joined Mason Health's Behavioral Health team in October 2021. Ross started working as a therapist intern at a local community mental health agency in 2010 and graduated in 2011 from the University of Washington-Tacoma. She then went on to obtain her Master's Degree in Social Work in 2013 through the University of Washington-Tacoma. She obtained her license as an Independent Clinical Social Worker in April 2018.

Ross has worked in a local hospital system as a case manager on medical surgical floors, critical care units, and most recently as a complex case manager helping individuals with chronic biopsychosocial needs.

She believes that "meeting people where they are" begins the therapeutic relationship in a nonjudgmental holistic approach. She provides education surrounding coping mechanisms and distress intolerance skills from a framework utilized in dialectical behavioral therapy.

Ross enjoys spending time with her family traveling, camping, hiking, kayaking, motorcycle riding, and walking her dogs. She is an avid exercise enthusiast and believes in having a healthy mind and body.

Special Interests

Humanistic therapy, LGBTQIA+ issues, trauma-informed practices

Practice

Mason Clinic – Primary Care
1701 N. 13th Street
Shelton, WA 98584
(360) 426-2653

Professional Degree

MSW, University of Washington-Tacoma, 2013
BASW, University of Washington-Tacoma, 2011

Certification

Licensed Clinical Independent Social Worker



Mason Health

Mason General Hospital • Mason Clinic



10/2021