



MEET THIS MONTH'S CLINICIAN!

SCHERI MARROW

Clinical Social Worker
(CSW)**Specializing in** Bipolar Disorder, Borderline Personality Disorder, Trauma, PTSD, and more.**Scheri works with** adults, couples, and more.**Her approach is** ACT, DBT, and IFS

WELCOME TO ROOTS COUNSELING & WELLNESS

My name is Scheri Marrow, and I'm a Clinical Social Worker (CSW) at Roots Counseling & Wellness. I've been with Roots since 2022. I started here as an intern, and not long after, I had the opportunity to begin coaching Dialectical Behavior Therapy (DBT) groups and to work with clients participating in ketamine-assisted treatment, helping them process and make meaning of those experiences.

As I continued my work at Roots, I completed my Master's Degree in Social Work and spent time as an intern therapist at SBHC. After finishing my internship hours, I returned to Roots Counseling & Wellness full-time, where I continue to work with individuals and groups, and it truly feels like home to me.

Along the way, I've pursued additional training to better support people who have experienced trauma. I am a Level 2-trained Internal Family Systems (IFS) therapist, a modality many people can relate to through the ideas illustrated in the movie Inside Out. I am also trained in EMDR. I value having a variety of approaches available because I believe therapy should be tailored to each person—we work together to find what truly fits for you.

I genuinely love the work I do. It means a lot to me to sit with my clients in the moments when life feels overwhelming, and to help them hold what may feel too heavy to carry alone. I see how often people feel isolated in their struggles, and I want to offer something different—a space of support, understanding, and connection. More than anything, I want people to know that help is available, and even more importantly, that healing is possible, even from things that may feel unhealable.

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—Scheri Marrow

Taking care of your mental health is a powerful act of self-respect.

