

Portia Bajwa, LICSWA
Pronouns: She, hers

Portia currently works as an individual therapist at Protea Wellness, specializing in trauma, mood disorders, and loss. She also works as a program therapist at The Healing Center, where she facilitates grief groups for individuals who have lost a partner in the last two years. Portia has experience providing individual and family therapy support as well as administrative program support in a variety of settings, including community mental health agencies, NGOs, and group practice.

Portia's therapeutic approach is rooted in systems theory, acknowledging how individuals have been shaped by their cultural upbringing and social surroundings. As such, she strives to practice from an anti-oppressive and trauma-informed framework in order to cultivate a safe environment for individuals to share their experiences.

Portia received her master's in social work at the University of Chicago, where she was trained in clinical social work as well as global social development practices. Since completing her graduate training, she has participated in continuing education around grief and loss, racialized trauma, and equitable mental health practices. She currently holds an associate license of social work in the state of Washington.