

Angela Trunzo, MSW, LSWAIC: America's Best in Medicine Honoree Leading with Compassion, Empathy & Trauma-Informed Care

Empowering Individuals and Couples on Their Healing Journey Through Culturally Responsive Mental Health Services



Arlington, Washington Dec 17, 2025 ([Issuewire.com](https://www.issuewire.com)) - Angela Trunzo, MSW, LSWAIC, is a compassionate and highly skilled clinical social worker dedicated to fostering healing, empowerment, and emotional well-being. As a Licensed Social Worker Associate–Independent Clinical, Angela

approaches her work with empathy, inclusivity, and a deep respect for every client's lived experience. Her mission is simple yet powerful: to ensure each person she supports feels genuinely seen, heard, and cared for on their path to growth.

With over three years of focused professional experience, Angela recently joined Sound Resilience Health, where she provides remote therapy to adults and couples. Her clinical work centers on treating depression, anxiety, trauma, grief, relationship challenges, and major life transitions. Angela believes strongly in collaboration, inviting clients to take an active role in their therapeutic journey as they cultivate greater insight, stability, and a renewed sense of self.

Angela's practice is grounded in a person-centered, culturally responsive philosophy, enhanced by a range of evidence-based modalities. These include Cognitive Behavioral Therapy, Mindfulness interventions, Attachment Theory, and established Couples Therapy approaches. She is especially committed to affirming each client's intersectional identity, creating a safe and judgment-free environment where meaningful healing can occur.

A passionate advocate for women's mental health, Angela brings a nuanced understanding of the social, emotional, and relational pressures women face across various stages of life. Her work reflects a strong belief in resilience and the transformative power of compassionate, trauma-informed care.

Angela earned her Bachelor of Science in Psychology from Arizona State University and her Master of Social Work from Seattle University. She is actively pursuing full clinical licensure and consistently advances her skills through ongoing education and evidence-based practice. Her membership in the American Psychological Association further underscores her commitment to maintaining the highest professional standards.

Angela's calling to trauma-informed work began early, inspired by strong advocates for survivors — including fictional but influential role models like Olivia Benson from *Law & Order: SVU*. Initially considering victim advocacy, she ultimately found her home in clinical social work, a field that beautifully merges counseling, education, and trauma support.

Today, Angela continues to empower individuals to rebuild their lives with strength, agency, and hope. She credits her success to the mentorship of dedicated supervisors and the unwavering support of her family. Her career stands as a testament to compassion, perseverance, and a deep reverence for the human experience — marking her as an emerging leader in the mental health profession.

Learn more about Angela Trunzo:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/angela-trunzo>, or through her profile on Sound Resilience Health, <https://www.soundresiliencehealth.com/meetangela>

America's Best in Medicine

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guidance for patients and peers alike.

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