

Amber Norris, MSW, LSWAIC Recognized By America's Best In Medicine As A Compassionate Force In Mental Health Care In Olympia

Providing Trauma-Informed Therapy and Support for Diverse Populations

Yelm, Washington Feb 18, 2026 ([IssueWire.com](https://www.issuewire.com)) - Based in Olympia, Amber Norris, MSW, is a Licensed Social Work Associate & Independent Clinical (LSWAIC) in Washington and a practicing psychotherapist, advancing mental health care across the state. With a commitment to compassionate care, Amber currently provides her expertise at INTERIM HOSPICE while also operating her private practice, Amber Norris PLLC. Here, she offers individualized therapy to adults facing a wide range of mental health challenges, including complex trauma, Dissociative Identity Disorder (DID), Complex PTSD, and ADHD.

Amber's extensive experience in mental health care is underscored by her previous roles at Greater Lakes Mental Healthcare and Comprehensive Life Resources, where she provided critical support to individuals within shelter programs. Her dedication to serving diverse populations in both clinical and community settings reflects her holistic approach to mental health.

With a Master of Social Work in Clinical/Medical Social Work from the University of Denver and a Bachelor's Degree in Social Work from Pacific Lutheran University, Amber's educational background is complemented by years of practical experience. She specializes in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and Eye Movement Desensitization and Reprocessing (EMDR), techniques that have been proven effective in treating trauma and associated mental health issues. Her focus on trauma-informed care ensures that her clients feel safe, understood, and valued during their therapeutic journey.

"Therapy can feel daunting, but it is a powerful tool for growth," Amber emphasizes. She is passionate about guiding her clients toward healing and fulfillment, creating a supportive environment where they can explore their history, family systems, and internal world. By addressing and healing past wounds, Amber helps individuals uncover their inherent resilience and capacity for transformation.

With her dedication, empathy, and unwavering belief in the potential of every individual, Amber Norris is a beacon of hope for those seeking mental health support in Olympia and beyond.

Learn more about Amber Norris:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/providers/amber-norris> or through her website, <https://www.ambernorrispllc.com/>

America's Best in Medicine

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