

Sarah Whitledge



Sarah Whitledge is a Licensed Clinical Social Worker (LCSW) who provides mental health therapy at the Life Abundant Center in Bowling Green, KY. She has a Masters of Social Work (MSW) degree from Western Kentucky University (WKU) and a Graduate Certificate in Applied Behavior Analysis from Florida Institute of Technology (FIT). Sarah has experience working in both mental health services and positive behavior supports. Sarah is very passionate about the mental health needs in the community and strives to provide the best quality evidence-based services to the families she serves. Sarah specializes in the following: behavioral concerns, Autism, anxiety, depression, intellectual and developmental disability, grief/loss, and ADHD. She previously worked for Project EMPOWER, a free counseling service for individuals without insurance or financial means to pay for therapy services. Sarah also worked for CLiK where she provided Positive Behavior Support Services, and she has worked as a Support Broker for Lifeskills, Inc. While studying at WKU, Sarah interned as a social worker for both the Department of Public Advocacy and WKU's Counseling and Testing Center. Sarah is passionate about advocating for the rights of individuals with mental illness and other disabilities.