

# JOE WOODBRIDGE, BA SOCIOLOGY (2014)

## SOCIOLOGY ALUMNI JOB TALK RECAP



At WCU Sociology Club's meeting on February 10, alumnus Joe Woodbridge (2014, BA Sociology) discussed the value of the sociology degree, his education and professional career path since graduating, aspects of his therapeutic work today, and he gave advice to current students.

While completing the sociology BA degree, Joe was Social Chair for the Sociology Club and he recalled one inspiring trip the Club took to a conference on "social interaction in the digital age" in NYC. He also said that an internship he had as an undergraduate sociology student was a "game-changer" for him, giving him a strong sense of the professional career path he desired. As an intern at Adolescent Advocates, Joe shadowed therapists and sat in on therapy sessions. Joe also commented on how the research methods components of the sociology BA curriculum contributed to his success in further education.

During a first job in a residential intake role at Mirmont Treatment Center, Joe decided to continue his education in graduate school. He completed a Masters of Social Work degree at WCU and, has since, earned accreditation as a Licensed Clinical Social Worker. Joe now specializes in therapy for young adolescents and for people who suffer from complex trauma and PTSD. He described a predominant practice that he uses today – Eye Movement Desensitization and Reprocessing – to help clients get relief from trauma symptoms.

Based on his experiences, Joe's advice to current students included: 1. "Keep an open mind and be curious;" 2. "Just show up" and he gave the example of participating in Sociology Club; 3. "Despite failing at things, go back and keep trying!"

Thank you, Joe, for sharing your experiences during your sociology tenure at WCU and in your work and life experiences after that!