

It is with gratitude and in partnership with Dr. Lisa Adams and the team at Counseling and Psychological Services (CAPS) that we welcome Liadainn "Lia" Gilmore (she/her) MSW, LCSW to Trent Semans as our on-site CAPS Counselor sponsored by LE WELL.

A seasoned mental health professional, Lia graduated from Smith College and pursued her master's degree at Boston University. As a Licensed Social Worker, Lia worked in foster care, case management and community mental health settings before 2008, when she came to Duke. After working for two years as a psychiatry clinician in the Duke University Hospital Emergency Department, Lia began her work at CAPS. While at CAPS, Lia has provided counseling both generally and with special training in couples, anxiety disorders, mood disorders, and trauma-related disorders. She also set up a new intake process and greatly expanded the community behavioral health referral base to improve the process of referring students for care in the community.



CAPS Counselor Lia Gilmore

As a social worker, Lia is intricately aware of various facilitating factors and barriers to behavioral healthcare, and she has a sophisticated understanding of the mental health system. As a counselor, she finds great satisfaction in working with Duke students, whom she finds very special in their level of engagement, willingness to improve their wellness, and their intellectual capacity, and she delights in the diversity of students' identities, nationalities, interests, and lived experiences. As both a New Yorker and a self-described empath, Lia leads with compassion, understanding, and a wicked sense of humor.

So, how did we manage to lure Lia away from the spacious office with a view of the chapel, which she had to give up to come set up shop in the Trent Semans Center? Fortunately for us, Lia relishes the challenge of setting up a new program. She has a deep fondness for students in the healthcare field, and she is eager to offer her creative skills and empathy in the service of students who themselves will be serving patients. With a passion for learning about and exploring the brain-body connection and innovative forms of healing, Lia is delighted to partner with LE WELL and students in School of Medicine programs in reducing stigma and creating a healthier way to practice, study, and evaluate medicine.

Lia has a vast amount of knowledge and experience as a person and a professional. In her free time, you will find her walking her dog Finn while listening to books and podcasts, practicing yoga, and on the pickleball court. On some Wednesday evenings, you may find her participating in or facilitating Wednesday Wellness Workshops.



Taking part in the inaugural