

Maria Hu

Clinical Associate Professor of Social Work Field Education at USC Suzanne Dworak-Peck School of Social Work

Los Angeles, CA, US

Maria Hu's expertise focuses on the delivery of mental health services of culturally diverse populations.

Biography

Dr. Maria Hu currently serves as a Clinical Associate Professor of Field Education. She has spent most of her career as a Psychiatric Social Worker and a faculty member for the University of Southern California, Suzanne Dworak-Peck School of Social Work. Dr. Hu has extensive experience providing mental health services to culturally diverse populations. Within this capacity, she has years of experience providing individual, group and family counseling services utilizing evidence-based practices that are culturally sensitive and resiliency trauma-informed intervention. Dr. Hu has years of experience with coordination of services, crisis/threat response and intervention, suicide prevention, trauma recovery, and resilience. Her expertise is centered around student health and wellness. She brings a wealth of wisdom to the mental health field. Dr. Hu has worked in hospitals, k-12 schools and now in Higher Education. Dr. Hu is well versed in an array of evidence-based interventions: Motivational Interviewing Therapy, Problem Solving Therapy, Cognitive Behavioral Therapy, Feedback Informed Treatment, Solution Focused Therapy, Managing Adaptive Practices (MAP), Trauma-Informed Practices, and Exposure Therapy . Given her expertise she is now training other clinicians on the delivery and integration of evidence based practices. In fact, Dr. Hu was is considered a certified trainer and clinician of a trauma-focused intervention. She has focused her efforts on the implementation and dissemination of this specific intervention to assist those with depression, anxiety, and post-traumatic disorder. Earning a Doctorate in Social Work allowed Dr. Hu to focus her research on meeting the mental health needs of individuals of the BIPOC (Black, Indigenous and People of Color) communities. Dr. Hu is also expert on prevention and outreach services. She has provided numerous talks, workshops, and seminars on resilience and wellness. Her mantra is promoting student health and wellness. In fact, Dr. Hu implemented a series of workshops for staff on how to reduce stigma, how to respond to common mental health and substance use issues that can arise from the high-stress environment of college or university. She has taught self-care techniques for staying well at school. Dr. Hu has helped college students find social support networks and resources for recovery within their education community.

Industry Expertise

Training and Development, Health Care - Services, Education/Learning, Health and Wellness, Health Care - Providers, Mental Health Care

Areas of Expertise

Counseling in Higher Education, Wellness and Health, Individual and Group Counseling Sessions, Trauma and Recovery, Social Work, Crisis Intervention, Children, Youth and Families, Psychiatric Social Work, Social Work Education, Threat Response, Crisis Intervention - Suicide Ideation, mental health and wellness

Affiliations

Board Director of American Council for School Social Work

Education

University of Southern California
Master Degree in Social Work

University of Southern California
Doctorate in Social Work Social Work

Accomplishments

Heart of Social Work Award
2015 Awarded by University of Southern California

[Please click here to view the full profile.](#)

This profile was created by [Expertfile.](#)