



I am a Licensed Mental Health Counselor, consultant and educator with two decades of experience in the mental health field. I am always looking to expand my knowledge and clinical skills to provide quality care to those seeking to improve their overall health and wellbeing. Providing quality care, innovation and creativity in healing is a priority in my practice. Educating clinicians on safe practices in trauma processing is one of my biggest passions.

As an integrative practitioner I weave different methodologies into treatment plans and acknowledge the unique and diverse presentations that each human brings to healing. My lens includes an anti-oppressive framework, inclusivity and considerations for neurocomplex individuals. I am a partner and parent of two children, a volunteer in my local community and a collector of vintage art and furniture. My Pronouns are She/They

Skills

EMDR
Somatic Attachment/TIP
Psychedelic Integration
Group Facilitation
Ego State Interventions

Expertise

Clinical Training & Consultation
Group Dynamics & Leadership
Trans-generational Trauma
Complex Trauma, PTSD
Psychoalytic Trauma Processing

Publications; Courses & Workshops

Considerations in Harm Reduction for Psychedelic EMDR

Live and on Demand through Healing Arts Collaborative Learning Portal, 2024

Work Smarter not Harder- Strategies for innovative organization in Private Practice

Co Facilitated with Shaquan Reed, LMHC, hosted Live, 2023

Professional Experience

Integrative Trauma Therapist	Private Practice, Feb 2016 - Present
EMDR Consultant	Consultation of Consultation by Natalie Robinson, LICSW 2022-Present
Adjunct Faculty Introduction to Psychology	Behavioral Science Dept, Northshore Community College 2021
Clinical Supervisor	East Boston Rehabilitation, Sober Living 2017
SUD Clinician & Diversion Program Evaluator	Project COPE, an affiliate of Bridgewell, 2014-2016
Emergency Services Mobile Crisis Evaluator	Boston Emergency Services Team (B.E.S.T.) NSMHA Team Oct.2013-Nov 2014
Outpatient Clinician	North Suffolk Mental Health June 2013-May 2014
In Home child and family Therapist	Youth Villages Germaine Lawrence In Home services May 2011-June 2013
Mental Health Specialist & Preceptor	McLean-Franciscan's Childrens Hospital Inpatient Unit 1 Aug 2006-Nov. 2010

Education

- June 2020** **Post Masters Advanced Studies;
Trauma and Disaster Relief, Doctoral Course
North Central University,**
- Sept 2007- May 2011** **Masters Degree in Counseling Psychology
Specialization in Professional Counseling/Trauma
Lesley University Graduate School**
- Sept. 2003- May 2007** **Bachelors Degree in Human Services
Specialization in Psychology
Lesley College**

Continuing Education & Training

- 2025** **Psychedelic Fundamentals**
MAPS, Multidisciplinary Association for Psychedelic Science
- 2024** **Ethical Guidelines for Ketamine Clinicians**
Peter Addy, PhD, Psychedelic Affirming Education
- Introduction to Psychedelic Autism**
Aaron Orsini, The Autistic Psychedelic Community
- Ego-State Therapy Interventions to Prepare Dissociative Clients for EMDR**
Shirley Jean Schmidt, Lynn James
- 4 Blinks Flash Early EMDR Intervention**
Tom Zimmerman
- The Undivided Self: The Role of Dual Consciousness in EMDR Therapy**
Irene Siegel, Ph.D., LCSW
- EMDR Addiction Protocols-Stabilize Addiction, Process Trauma, Avoid Relapse**
Julie Miller (received 1:1 consultation for complex dual diagnosis clients)
- Special Considerations for EMDR with Autistic and ADHD Clients**
Christine MacInnis, LMFT
- 2023** **Healing Requires Precision/Trauma Integration Protocol**
- The Healing Trauma Collective-Certified TIP Foundations Practitioner**
Perzan Irani; Somatic Memory Based protocol for treating Complex Trauma with
Psychedelic Assisted Therapy (a model developed by Eric Wolterstorff PhD , based off
work of Peter Levine) *Providing ongoing mentorship and consultation
- Psychedelic Assisted Psychotherapy: Promises and
Perils/Contrasting Visions, Multiple Presenters over 2 years**
Harvard University & Cambridge Health Alliance
- Group Ketamine Assisted Therapy with Confidence**
Katja Cahoon LCSW, RYT, Sponsored by Polaris
- Ketamine Assisted Therapy: Theory and Methodology**
Fluence/ Boston Psychedelic Therapy Team
In person didactic training with ongoing group consultation through 2023

- 2022** **Stuck in Survival: Exploring Somatic Practices for Embodied Safety**
 Author: Linda Thai LMSW; Publisher: Collectively Rooted
- Looking through the Eyes**
 Sandra Paulsen, Phd., The Steve Frankel Group
 (recieved individual consultation with Sandra upon completing training)
 EMDR & Ego State Therapy Across the Dissociative Continuum
- Treating Complex Trauma with IFS**
 Frank Anderson, M.D. Through PESI
- [Maternity Leave]**
- 2020** **ASSYST-RG (AIP informed acute stress intervention)**
 Nacho Jarero PhD, Ed & Kelly Smyth-Dent LCSW, Scaling up
- EMDR FLASH Technique-Phil Manfield’s Model**
 Stephanie Drieze LICSW, Boston TRN
- 2019** **Level I&II EMDR Training**
 Mark Nickerson LICSW
 EMDR advanced Trainings hosted at UMASS Amherst
- 2018** **Art as a Resource in Clinical Trauma Treatment**
 Erika Lally LMHC, Center Psychotherapy
- 2014** **[Maternity Leave]**
- Energy Medicine: A Workshop for Hands-On Practice**
 Donna Eden & David Feinstein, PhD
 Omega Institute for Holistic Studies

Professional Affiliations and Memberships

- Private Practice Colloquium**
- Healing Trauma Collective**
- Boston Area/Eastern Mass Trauma Response Team**
- EMDR Learning Community**
- Boston Psychedelic Research Group-North Shore**
- Big Tent Ketamine & Psyke**
- EMDR International Association**
- Humanitarian Assistance Program**
- New England Gender Specialists**
- Emotional PPE Project**

References Available Upon Request