

# **The Resiliency Center LLC**

## *An Overview of Practitioner Profiles*



**Elizabeth Venart, M.Ed., NCC, LPC**, is the Founder and Director of The Resiliency Center, LLC and a Licensed Professional Counselor. She offers individual, couples, and group counseling, clinical supervision, and training. She is a Certified EMDR Therapist and an Approved EMDR Consultant who integrates cognitive therapy, mindfulness, and EMDR to support people in their healing - and in their discovery of greater compassion, resilience, and joy. A Resiliency Trainer and Certified Laughter Yoga teacher, Elizabeth brings laughter and wellness education to community groups and organizations. She offers practice-building consultation and coaching for healthcare practitioners seeking to grow a thriving practice. Website: [www.elizabethvenart.com](http://www.elizabethvenart.com). Contact her at [evenart@comcast.net](mailto:evenart@comcast.net) or 215-233-2002.

**Jeffrey Katowitz, LMFT, AAMFT**, is a Licensed Marriage and Family Therapist. His areas of specialty include divorce and separation, blended family issues, adoption, adolescent development and transitions, grief and loss, and managing and working through traumatic life events. Jeff's goal is to provide a safe and nurturing environment for the individual and family system to feel more readily able to access the strength to overcome difficult transitions and events in their lives. Contact him at [jpkatowitz@verizon.net](mailto:jpkatowitz@verizon.net) and 215-307-0055.

**Elizabeth Campbell, MS, LPC**, is a Licensed Professional Counselor who provides counseling services to individuals and families. The focus of her practice involves working with children and teens, using an empowerment and strength-based approach. She also facilitates workshops combining yoga and counseling. Specialties include child and family therapy, trauma-focused cognitive behavioral therapy, and play therapy. Contact her at 610-757-8163 or [elizabethannecampbell8@gmail.com](mailto:elizabethannecampbell8@gmail.com) or learn more through her website at [www.elizabethcampbellcounseling.com](http://www.elizabethcampbellcounseling.com).

**Brittiney George, BS, CRS, ICI, CEIM**, is a Movement Practitioner offering Rubenfeld Synergy, Infant Massage Education, Baby Sign Language® Classes and gentle, exploratory movement classes at The Resiliency Center. She also co-leads Connection, Expression and Movement (CEM), a monthly workshop series focusing on body-mind integration. Brittiney helps her clients tap into the wisdom of their bodies so they can live from their heart, speak their truth, reduce stress, and create new patterns of movement and choice in their life. For a free 55 min. introductory Rubenfeld session contact Brittiney at 610-389-7866 or [lifeimitatingheart@gmail.com](mailto:lifeimitatingheart@gmail.com).

**Kathleen Krol, MSS, LCSW, RPT-S**, is a Licensed Clinical Social Worker and Registered Play Therapist/Supervisor who works with adults, families, and children (ages 3 through teens). Kathy is experienced in using a family focused approach, providing child and teen centered individual and family therapy with specialization in Play Therapy, Sand Tray, and Parent Coaching. Areas of expertise include the treatment of anxiety, depression, trauma, grief /loss, life transitions and behavior issues. Therapy options include Individual Sand Trays, EMDR, Cognitive Behavior Therapy, Stress Management, and Trauma Art Narrative Therapy. Kathy also offers clinical supervision for Play Therapists and LSW/LCSW. Contact [kasiakrol17@verizon.net](mailto:kasiakrol17@verizon.net) or 215-289-3101#1 for a free consultation. For more information go to [www.kathleenkrol.com](http://www.kathleenkrol.com).

**John Muraco, ATR, RYT**, is an art therapist, registered yoga teacher, and holistic lifestyle and wellness counselor. His work since 2000 has integrated diverse approaches to creative expression and wellness to support clients in regaining personal power and reducing stress. He has counselled adolescents wrestling with traumatic experiences and used art in hospitals with amputees, male and female veterans, and people living with cancer and other serious illnesses. John's approach to individual and group therapy for teens and adults is person-centered and customized. His holistic wellness consultation includes herbal remedies, tea blends, relaxation techniques and nutritional education. Contact John at [john@heartwellhouse.com](mailto:john@heartwellhouse.com) or 315-256-7767. For more information go to [www.heartwellhouse.com](http://www.heartwellhouse.com).

**Kimberly Vargas, LCSW**, is a Licensed Clinical Social Worker working with adults, teens, and couples. Areas of expertise include depression, anxiety, parenting, low self-esteem, and relationship concerns. She also facilitates New Moms Groups, allowing new mothers to connect to each other and to share thoughts and feelings in a supportive, nonjudgmental environment. Contact her at [kimvargastherapy@gmail.com](mailto:kimvargastherapy@gmail.com) or 267-568-7846.

**Katie K. May, MS, NCC**, is a Nationally Certified Counselor, who works with children ages 3 through 19, providing individual, family and group therapy. Specialties include Play Therapy, Sand Tray Therapy, and the use of Expressive Arts activities in therapy to provide children with a way to communicate their feelings when talking about them is too difficult. Katie has had extensive experience working with families on a variety of issues including depression, anxiety, trauma, loss, self-harm behaviors, self-esteem and family conflict. Contact her at 610-813-2575 or [Katie@creativehealingphilly.com](mailto:Katie@creativehealingphilly.com) or learn more through her website at [www.creativehealingphilly.com](http://www.creativehealingphilly.com).

**Dana L. Barron, PhD** is a health coach, advocate, and herbalist. She is committed to helping clients find their individual path to healing. Integrating a variety of tools and modalities, her practice focuses on clients with chronic and complex health challenges, especially those which traditional western medicine often fails to treat successfully. Drawing from a wide range of disciplines, she helps clients understand their symptoms, assemble an effective healing team; get their needs met from providers; choose the appropriate treatment strategies; and adapt their diet, lifestyle, and mindset to optimize healing. You can contact Dana at 215-688-5108 or [healingpathcoaching@yahoo.com](mailto:healingpathcoaching@yahoo.com).

**Mitchell Robert C. Kho, M.D.** is a Board Certified Psychiatrist. He has a combined training in Psychiatry and Internal Medicine and a meaningful understanding of the Mind-Body connection. Dr. Kho has expertise in the psychopharmacology treatment of all mental illnesses from adolescents to the elderly. His services start from a comprehensive assessment of psychiatric symptoms, to a complete review of medical systems, development of a diagnosis and a full treatment plan that addresses the interaction of Physical and Behavioral Health disorders. Contact him via his assistant, Alice Yao at [alice.rx.md@gmail.com](mailto:alice.rx.md@gmail.com) or @ 623-900-4333.

**Jen Perry, MEd, MA, LPC** is a Licensed Professional Counselor, Mindfulness Meditation Teacher and Coach. She offers individual and group counseling, coaching, and classes. She utilizes meditation, mindfulness, acceptance, and values clarification strategies to help people heal from trauma, grief and loss, anxiety, and depression. She loves helping people deepen their relationships with themselves and their loved ones through self-compassion and self-care. She uses her skills to coach people through surviving life to really thriving in a life they actively co-create and love. She can be reached at 215-292-5056 or [jenperry7@mac.com](mailto:jenperry7@mac.com) or learn more at [www.heartfulnessconsulting.com](http://www.heartfulnessconsulting.com)

**Stacey M. Vinci, M.A., LMFT** is a Licensed Marriage and Family Therapist providing individual, couples, family, and group counseling. Specialties include working with teens, facilitating communication and trust with couples and families, anxiety, depression, trauma, substance abuse, and sexuality and gender identity issues. Art, Narrative, and Cognitive-Behavioral Therapy techniques as well as mindfulness and relaxation skills are often implemented in sessions. Contact Stacey at 267-989-9113 or [staceymvinci@gmail.com](mailto:staceymvinci@gmail.com) to schedule a free phone consultation.

**Anjana Deshpande, LCSW**, is a Licensed Clinical Social Worker providing individual and group counseling and workshops. She works with Adolescents, Adults, and Older Adults. Specialties include working with trauma survivors, grief and loss, anxiety, depression, life transitions. Sessions often include therapeutic writing techniques, narrative therapy, CBT, schema focused therapy, and information on the brain to empower clients to create the life change they want. Anjana also conducts workshops that teach therapeutic writing techniques for self-directed recovery. Contact her at [anjana@writethought.org](mailto:anjana@writethought.org) or 267-422-2861.

**Catherine McLaughlin, MA, NCC, LPC** is a Licensed Professional Counselor and a Professional School Counselor, specializing in individual and group therapy for adolescents and young adults ages 13 to 25 and their parents. She provides integrative therapy for various concerns, including anxiety, depression, school refusal, and transition to and from college. Her special interests include parenting, mothering, and mindfulness. She also offers specialized services to educational institutions. She can be reached at 267-800-5073 or [www.cjmcounseling.com](http://www.cjmcounseling.com).

**Tracey Smith-Diggs, M.Ed., CTRS**, has a Master's Degree in Education and is a nationally certified Recreational Therapist, Wellness Educator, and program consultant. She has extensive experience in behavioral health, specializing in adjunctive therapies and program development. Tracey provides interactive experiential workshops, trainings and seminars that promote self-care and healing as well as individual Lifestyle management coaching. She provides workshops and trainings for various populations including corporate wellness, women, adopted adolescents, adjudicated youth, teen parents, and those in recovery. Contact her at 215-248-1563, [wellnessworks@msn.com](mailto:wellnessworks@msn.com) or <http://wellnesswrksllc.com>.

**Rachel Kobin** is the Director of the Philadelphia Writers Workshop, an invigorating program offering structured, supportive workshops for writers of all genres, forms, and experience levels. Learn more at [www.phillywriters.com](http://www.phillywriters.com). As the owner of Marketing26, named for the 26 letters in the alphabet, Rachel Kobin provides digital and traditional marketing services. She particularly enjoys using the power of words to move her clients' search engine listing to the top of the page one (SEO). Contact her at 484-999-0268, [Rachel@marketing26.com](mailto:Rachel@marketing26.com), or go to [www.marketing26.com](http://www.marketing26.com).

**Karen Steinbrecher** teaches QiGong classes. QiGong, a 5000 year practice, is a form of self-care central to Chinese medicine that enables one to integrate physical movement & breathing, by using flowing and slow movements. It helps one to counteract the stress and strain of daily life to restore the body and mind, and improve health and strengthen the immune system. Karen has practiced QiGong for over 15 years, is an active member of the National QiGong Association, and has studied with Master Li Junfeng of the Shen Zhen Society and Dr. Christopher M. Viggiano of Shen Wu Dao of Martial & Healing Arts. For more information, contact her at 215-836-7184 or [karensteinbrecher@msn.com](mailto:karensteinbrecher@msn.com).

**Dean Solon** leads meditation groups on Monday mornings and Thursday evenings at The Resiliency Center. He has been practicing for over 45 years. He has been facilitating meditation groups on a regular basis since 2003. He encourages a personal, gentle, non-rigid approach to mindfulness and meditation. RSVP by contacting him at [solon945@aol.com](mailto:solon945@aol.com) and joining our Meetup group at [www.meetup.com/Resiliency-Center-Meditation-Meetup-in-Ambler](http://www.meetup.com/Resiliency-Center-Meditation-Meetup-in-Ambler).