

The Resiliency Center of Greater Philadelphia

An Overview of Practitioner Profiles

Learn more at www.theresiliencycenter.com

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. A Certified EMDR Therapist with advanced training in Internal Family Systems, she integrates mindfulness and trauma-informed approaches to support people in discovering greater resilience and joy. As an EMDRIA-Approved Consultant, she offers consultation to therapists wishing to advance their skills in EMDR Therapy. Elizabeth is a Certified Laughter Yoga teacher and brings laughter and wellness education to community groups and organizations. Website: www.elizabethvenart.com. Contact her at 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 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 or learn more through her website at www.elizabethcampbellcounseling.com.

Brittiney George, BS, CRS, CST-L3, ICI, CEIM, is a Somatic Therapist specializing in Transformative Touch and Rubenfeld Synergy. She is a faculty member of The Somatic Therapy Center and owner of Life Imitating Heart. Her areas of specialty include working with highly sensitive women, and people that are feeling stuck, immobilized, or paralyzed in their lives. She co-leads a monthly workshop series called Connection, Expression and Movement and also teaches Infant Massage Education, Baby Sign Language® Classes and gentle, exploratory movement classes at The Resiliency Center. For a free 55 min. introductory Somatic Therapy session contact Brittiney at 610-389-7866 or 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 and up). Kathy uses a family focused approach, providing child-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 EMDR, CBT, Stress Management, and Trauma Art Narrative Therapy. Kathy offers supervision for Play Therapists and LSW/LCSW. Contact kasiakrol17@verizon.net or 215-289-3101#1 for a free consultation. Learn more at www.kathleenkrol.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 or 267-568-7846.

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, EMDR Therapy, 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 or learn more at www.heartfulnessconsulting.com

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.

Heather Hill, MSS, LCSW is a Licensed Clinical Social Worker who provides counseling services to individuals and families. She is a holistic and empowerment based practitioner who specializes in treating anxiety and depression in teenagers and adults. She offers monthly Nature Walks and integrates Ecotherapy techniques into her work as well as cognitive behavioral, psychodynamic and family systems theories. Contact her at 215-485-7205 or Heatherhilltherapy@gmail.com.

Kristin Fulmer, M.S., NCC, LPC, NTP, is a Licensed Professional Counselor and Certified Nutritional Therapist, providing individual, family, and group counseling. Kristin utilizes an integrative and functional whole-person, mind-body approach using a combination of therapeutic strategies including cognitive-behavioral lifestyle and nutritional therapy interventions. She focuses on nutritionally-dense, whole foods approach to improve emotional and physical wellbeing. Contact her at (267) 843-4888 or Kristin@healthybody-happybrain.com

Lisa Grant-Feeley, MS, LPC is a Licensed Professional Counselor who provides counseling to children and teens, both individually and with their families in a safe, compassionate setting. One of Lisa specialties includes working with children with ADHD and those who exhibit explosive behaviors. She supports parents of these children to understand and support their children proactively. Lisa counsels teens with symptoms of depression or anxiety in a manner that helps them develop insight into their strengths and abilities. To learn more, contact Lisa at 267-625-2565 or lisagrانتfeeley@gmail.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 and joining our Meetup group at www.meetup.com/Resiliency-Center-Meditation-Meetup-in-Ambler.

Karen Steinbrecher teaches QiGong classes. QiGong, a 5000-year self-care practice in Chinese Medicine, enables one to integrate physical movement & breathing, by using flowing and slow movements. It helps counteract the stress and strain of daily life, improve health, and strengthen the immune system. Karen has practiced QiGong for over 20 years, studied with Qi Gong Masters Li Junfeng and Dr. Christopher M. Viggiano, and is an active member of the National QiGong Association. For more information, contact her at 215-836-7184 or karensteinbrecher@msn.com.

Tracey A. Smith, M.Ed., CTRS, is a Certified Recreation Therapist, Wellness Lifestyle Management Educator, Trainer, and Program Consultant with extensive experience in the field of behavioral health. She specializes in designing interactive, experiential, and trauma-informed programs that promote an atmosphere of "safe space" where participants can explore their concerns related to self-care, self-esteem, stress/anger management, spirituality, leadership, and recovery challenges. She works with teens and adults and customizes workplace wellness programs for organizations. Contact her at 215- 605-3221 or tracey@wellnesswrksllc.com or www.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. 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, or go to www.marketing26.com.

Tracie Nichols is Certified in Career Development and has a master's degree in Human and Organizational Transformation. She offers individual career coaching and strategy sessions, as well as classes helping people create a meaningful, enjoyable career path. Website: www.tracienichols.com. You can contact her at tracie@tracienichols.com or 215-527-5457.