

# ***The Resiliency Center of Greater Philadelphia***

## *An Overview of Practitioner Profiles*

Learn more at [www.theresiliencycenter.com](http://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 also a Certified Laughter Yoga teacher who brings laughter and wellness education to community groups and organizations. Website: [www.elizabethvenart.com](http://www.elizabethvenart.com). Contact her at [ElizabethLPC@comcast.net](mailto:ElizabethLPC@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 [jeffkatowitzlmft@gmail.com](mailto:jeffkatowitzlmft@gmail.com) 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, CST-PRO, ICI, CEIM**, is a Movement Practitioner, Somatic Therapist, and Infant Massage Educator specializing in Transformative Touch. She is also faculty member of The Somatic Therapy Center. 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 gentle, exploratory movement classes at The Resiliency Center. For a free 55 min. introductory Somatic Therapy session contact Brittiney at 610-389-7866 or [movebackintolife@gmail.com](mailto:movebackintolife@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](mailto:kasiakrol17@verizon.net) or 215-289-3101#1 for a free consultation. Learn more at [www.kathleenkrol.com](http://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](mailto: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](mailto:jenperry7@mac.com) or learn more at [www.heartfulnessconsulting.com](http://www.heartfulnessconsulting.com).

**Michael R Bridges, Ph.D.** is a Licensed Psychologist and former university professor with expertise in cognitive-behavioral, psychodynamic and emotionally-focused therapies who provides services to individuals and couples. The focus of his practice is working with adults and couples who are struggling with depression, anxiety, trauma or feel themselves trapped in negative cycles in relationships. Contact him at 215-868-6393 or [drmbridges1@gmail.com](mailto:drmbridges1@gmail.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](mailto:Heatherhilltherapy@gmail.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](mailto:lisagrانتfeeley@gmail.com).

**Barbra Danin, MA, LMFT** is a Licensed Marriage and Family Therapist, Clinical Art Therapist, and Certified EMDR Therapist. She provides individual, couples, and family therapy. Her experience includes over 30 years working as a therapist in schools, hospitals, clinics, residential treatment facilities, Family Court, and private practice. Her specialties include treating children with anxiety, trauma, and behavioral issues, and empowering parents with concrete tools for lasting change. To learn more, view her website at [www.barbradanin.com](http://www.barbradanin.com), call her at 314-477-8585, or email [barbradanin@barbradanin.com](mailto:barbradanin@barbradanin.com).

**Carolyn Abele, MS, LPC**, is a Licensed Professional Counselor who provides counseling services to individuals and families. Her areas of specialty include working with children (ages 8+), parents and families to address anxiety, depression, trauma, behavior challenges, parenting and self-esteem. Carolyn focuses on teaching clients, and families, techniques and strategies they can use at home or in school. Contact her at 215.354.7941 or email [CarolynAbeleTherapy@gmail.com](mailto:CarolynAbeleTherapy@gmail.com)

**Trudy Gregson, LPC**, is a Licensed Professional Counselor who provides individual counseling for adults experiencing depression, bipolar disorder, anxiety, trauma and PTSD, life transitions, grief and loss. Trudy has experience working with individuals from diverse backgrounds and uses a variety of therapeutic approaches including cognitive behavioral therapy (CBT), internal family systems therapy (IFS), solution-focused therapy, and mindfulness-based therapy, customizing her approach according to each client's needs. Contact her at [trudygregsontherapy@gmail.com](mailto:trudygregsontherapy@gmail.com) or 267-652-1732.

**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).

**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](mailto: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](mailto:tracey@wellnesswrksllc.com) or [www.wellnesswrksllc.com](http://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](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).