

# ***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 and specializes in working with Highly Sensitive Persons. 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](http://www.elizabethvenart.com). Contact her at [ElizabethLPC@comcast.net](mailto:ElizabethLPC@comcast.net).

**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 woman, 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).

**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, MS, LPC**, is a Licensed Professional Counselor providing counseling to adults who are experiencing depression, bipolar disorder, anxiety, issues related to trauma, grief and loss, as well as individuals struggling with relationship issues, feelings of guilt and shame, problems with procrastination, or just generally feeling "stuck". She provides clients with a safe place for hope and healing, customizing her approach according to each client's needs. Contact her to learn more at 267-652-1732 or [trudygregsontherapy@gmail.com](mailto:trudygregsontherapy@gmail.com).

**Therese Daniels, LPC**, is a Licensed Professional Counselor with 20 years in the Mental Health field. She provides individual and couples/family counseling, nature therapy, and groups focusing on coping skills and self-esteem. She draws from DBT, CBT, Solution-Focused Therapy, and Mindfulness – and collaborates with clients to effectively address anxiety, depression, self-esteem, life transitions, relationship challenges, life balance, and more. Contact her at 410-919-9673 or [therese.danielslpc@gmail.com](mailto:therese.danielslpc@gmail.com). Website: [www.theresedanielscounseling.com](http://www.theresedanielscounseling.com).

**Vanessa Mortillo, LPC**, is a Licensed Professional Counselor with extensive training in play therapy. Utilizing mindfulness, expressive arts, and play-based interventions, Vanessa provides a playful space to harness creativity and imagination in the service of growth and healing. Vanessa takes a strengths-based approach and builds on what is working well in your life. She has worked with adults and children from a variety of backgrounds in home, school, and outpatient settings and is committed to advancing equity and social justice. Vanessa received a Master of Arts from Naropa University in 2016. She can be reached at (267) 507-5793 or [vanessamortilloeps@gmail.com](mailto:vanessamortilloeps@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.

**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 to counteract the stress and strain of daily life and improve health. Karen has practiced QiGong for over 20 years and is an active member of the National QiGong Association. To learn more, 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 Educator, and Trainer with extensive experience in the field of behavioral health. She designs interactive, experiential, and trauma-informed programs that promote an atmosphere of "safe space" where participants explore concerns related to self-care, self-esteem, stress/anger management, spirituality, leadership, and recovery. She works with teens, adults, and organizations providing meaningful programmatic solutions and customized wellness retreats. Contact her to learn more 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). Contact her at 484-999-0268, [Rachel@marketing26.com](mailto:Rachel@marketing26.com), or go to [www.marketing26.com](http://www.marketing26.com).

**Andrea McGady** began her meditation journey ten years ago. At first, she didn't keep a regular practice and experimented with various types of meditation. Then, seven years ago, her work colleague introduced her to the Resiliency Center where she met Dean Solon. Since then, she has cultivated a consistent practice of mindfulness in meditation practice and throughout her life. Andrea is a current Master's student in Counseling Psychology. To learn more about her group meditation offerings, contact her at [amcadv16@aol.com](mailto:amcadv16@aol.com)