

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 and specializes in working with Highly Sensitive Persons and healing trauma. She is a Certified EMDR Therapist and Approved Consultant and a Certified IFS (Internal Family Systems) Therapist. She integrates mindfulness and creativity practices to support people in discovering greater resilience and joy. She provides trainings on IFS-Informed EMDR Therapy and facilitates resiliency programs and wellness retreats for community groups and organizations. She also leads a weekly Laughter Yoga class. Website: www.elizabethvenart.com. Contact her at ElizabethLPC@comcast.net.

Jeff Katowitz, LMFT, AAMFT, is a Licensed Marriage and Family Therapist. His areas of specialty include divorce and separation, blended family issues, effective co-parenting through high-conflict divorce, adoption, adolescent development and transitions, autism and family dynamics, grief and loss, and managing and working through traumatic life events. Jeff's goal is to provide a safe a 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 and 215-307-0055.

Elizabeth Campbell, MS, LPC, is a Licensed Professional Counselor, Certified EMDR Therapist, and Registered Play Therapy Supervisor 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 play and sandtray therapy, play therapy supervision, and trauma therapy that integrates play therapy with EMDR Therapy. Contact her at 610-757-8163 or elizabeth@elizabethcampbellcounseling.com or learn more at 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 also has training in polyvagal theory and yoga nidra, and 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.

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. She specializes in anxiety, depression, trauma, grief /loss, life transitions and behavior issues. Treatment includes EMDR, CBT, and Trauma Art Narrative Therapy. She offers supervision for Play Therapists and LSW/LCSW. Contact kasiakroll17@verizon.net or 215-289-3101#1 for a free consultation. Website is www.kathleenkrol.com.

Jen Perry, MEd, MA, LPC, is a Licensed Professional Counselor who offers individual and group counseling, coaching, and classes. She uses 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 coaches people as they move from surviving life to really thriving in a life they actively co-create and love. She can be reached at 215-292-5056 or jen@heartfulnessconsulting.com or www.heartfulnessconsulting.com.

Lindsay Roznowski, MA, LPC, is a licensed professional counselor with over 20 years of experience providing individual and family therapy to children, adolescents, and adults. Working from a strengths-based, holistic lens, she partners with clients to fully understand their authentic selves, who they are working to become, and how best to support their personal goals. Her specialties include working with tweens, teens, and children and providing trauma-informed CBT, yoga, and mindfulness. Her website is www.bloomwellnesscounseling.com, and she can be reached at 484-645-6435 and lindsay@bloomwellnesscounseling.com.

Therese Daniels, LPC, is a Licensed Professional Counselor with 20 years in the Mental Health field. She offers individual and couples/family counseling, nature therapy, and groups focused 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, and life balance. Her website is www.theresedanielscounseling.com. Contact her at 410-919-9673 or therese.danielslpc@gmail.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 her at CarolynAbeleTherapy@gmail.com.

Vanessa Mortillo, LPC, is a Licensed Professional Counselor specializing in play therapy, mindfulness, and expressive arts. She provides a playful space to harness creativity and imagination in the service of growth and healing. Using a strengths-based approach, she 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. She can be reached at 267-507-5793 or vanessamortillopc@counselingsecure.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.

Andrea McGady, M.Ed., is a Master's level therapist providing mindfulness-based counseling services. She works with teens and adults experiencing anxiety and depression, integrates tools from cognitive behavioral therapy, and offers a safe space to develop greater self-compassion and resilience. Since 2020, she has led a weekly meditation group at the center. As a pre-licensed therapist, she works under the supervision of Licensed Professional Counselor Jen Perry. To learn more about her work, contact her at andreamcgadycounseling@gmail.com or 215-350-7346.

Drew Underwood, M.Ed., is a Master's level therapist who provides trauma and grief counseling and support to those experiencing anxiety, depression, and other difficulties navigating school and career challenges. Trained in EMDR Therapy, he facilitates healing for those impacted by trauma. He believes in the potential for radical growth and incorporates mindfulness-based approaches to provide culturally sensitive care that centers clients' diverse experiences. As a pre-licensed professional, he works under the supervision of Licensed Professional Counselor Jen Perry. To learn more about his work, contact him at 267-499-3970 or dunderwoodcounseling@gmail.com.

Olivia Ruffin, MA, LPC, is a Licensed Professional Counselor who provides individual therapy to adolescents and adults. Trained in EMDR Therapy, she facilitates healing for those impacted by trauma. She specializes in Dialectical Behavioral Therapy, Solution-Focused Therapy, Cognitive Behavior Therapy, and Mindfulness to assist in navigating anxiety, depression, life transitions, relationships, and identity questions. She works collaboratively with clients to create meaningful goals for lasting change. To learn more about Olivia or to schedule an initial consultation, you can reach her at oruffinlpcounseling@gmail.com or (267) 434-1030.

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. Programs include the Tuesday Night Creative Writing Workshop, a Manuscript Workshop, and a Creative Non-Fiction Class. Learn more at www.phillywriters.com. Contact her at rachel@phillywriters.com.

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.

Tracey A. Smith, M.Ed., CTRS, is a Certified Recreation Therapist, Wellness Educator, and DEI Trainer with extensive experience in behavioral health. She designs interactive, experiential, and trauma-informed programs that promote an atmosphere of "safe space" for participants to explore self-care, self-esteem, stress/anger management, spirituality, leadership, and recovery. She customizes diversity and workplace wellness programs for organizations and leads wellness retreats. Contact her to learn more at 215-605-3221 or tracey@wellnesswrksllc.com or www.wellnesswrksllc.com.