

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, a Licensed Professional Counselor, and a Trainer and Consultant in IFS-Informed EMDR Therapy. She specializes in working with Highly Sensitive Persons, including therapists and creatives. She is an EMDRIA-Approved Consultant and a Certified Internal Family Systems Therapist whose work focuses on cultivating greater resilience and joy, through counseling and Healing Intensives. A long-time group facilitator and Certified Laughter Yoga Teacher, she offers experiential programs for healthcare professionals. To learn more, visit www.elizabethvenart.com, email elizabethvenart@counselingsecure.com or call 215-233-2002.

Elizabeth Campbell, MS, LPC, is a Licensed Professional Counselor, Certified EMDR Therapist, and Registered Play Therapy Supervisor who provides strengths-based counseling services to families and individuals. She specializes in play and sandtray therapy, play therapy supervision, and trauma therapy that integrates play therapy with EMDR Therapy. She is the Clinical Director of the Mentorship Program and the Founder of the Schwenksville location of The Resiliency Center, providing mentorship and training to therapists. To learn more, visit www.elizabethcampbellcounseling.com or contact her at 610-757-8163 or elizabeth@elizabethcampbellcounseling.com.

Brittiney George, BS, CST-PRO, ICI, CEIM, is a Movement Practitioner, Somatic Therapist, Somatic Therapy Trainer, and Infant Massage Educator specializing in Transformative Touch. Her areas of specialty include working with highly sensitive woman and people that are feeling stuck, immobilized, or paralyzed in their lives. Trained in polyvagal theory, yoga nidra, and pilates, she leads gentle, exploratory movement classes. For a free introductory Somatic Therapy session, contact her at 610-389-7866 or movebackintolife@gmail.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, aspirations, and how best to support their personal goals. Her specialties include working with tweens and teens, providing trauma-informed CBT, yoga, and mindfulness. Her website is www.bloomwellnesscounseling.com. Contact her at 484-645-6435 and lindsay@bloomwellnesscounseling.com.

Therese Daniels, LPC, is a Licensed Professional Counselor with over 20 years in the mental health field. She offers individual and couples/family counseling, nature therapy, and groups 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, work/life balance, and relationship challenges. Website: www.theresedanielscounseling.com. Contact her at 410-919-9673 or therese.danielslcpc@gmail.com.

Bernadette Dougherty, PsyD, is a Licensed Psychologist providing individual and group therapy for teens and adults. Her approach to therapy is individualized and validating, working collaboratively with clients to reach their therapy goals in a meaningful way. Specialties include anxiety, depression, emotion regulation, trauma, suicide, self-injury, stress, chronic pain/illness, LGBTQIA+ care, and insomnia. Contact Bernadette at 215-770-1845 or bernadette.dougherty.psyd@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. Her strengths-based approach builds on what is working well in your life. Her experience includes work with adults and children in home, school, and outpatient settings. She is committed to advancing equity and social justice. She can be reached at 267-507-5793 or vanessamortilloipc@counselingsecure.com.

Carolyn Abele, MS, LPC, is a Licensed Professional Counselor who provides counseling services and EMDR Therapy 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.

Olivia Ruffin, MA, LPC, is a Licensed Professional Counselor who provides individual therapy to adolescents and adults. She specializes in EMDR Therapy, DBT, CBT, Solution-Focused Therapy, and Mindfulness approaches to trauma, anxiety, depression, life transitions, relationships, and identity questions. She works collaboratively with clients to create meaningful goals for lasting change. To learn more, contact her at oruffinlpcounseling@gmail.com or (267) 434-1030.

Jen Perry, MEd, MA, LPC, is a Licensed Professional Counselor who offers individual and group counseling and coaching. She uses meditation, mindfulness, EMDR Therapy, IFS Therapy, and values clarification strategies to help people heal from trauma, grief and loss, anxiety, and depression. She loves helping people deepen their relationships through self-compassion and self-care. She supports people moving from surviving life to really thriving in a life they actively co-create. Contact her at 215-292-5056 or jen@heartfulnessconsulting.com or www.heartfulnessconsulting.com.

Julia Weimer, BA, MS, is a Master's level counselor and play therapist. She provides counseling for children ages three to twelve, using creative and expressive modalities. She specializes in trauma, ADHD and behavioral issues, providing a safe and positive environment for growth. As a pre-licensed therapist, she works under the supervision of Licensed Professional Counselor Elizabeth Campbell. She sees clients in person in Flourtown and Schwenksville offices. Contact her at juliaweimertherapy@gmail.com and 610-209-2202.

Lucas Valitski, MS, is a Master's level counselor offering child-centered play therapy for children ages three to twelve, focusing on trauma, ADHD, and autism. He helps children navigate emotional challenges, develop resilience, and gain essential skills for emotional regulation and healing. As a pre-licensed therapist, he works under the supervision of Licensed Professional Counselor Elizabeth Campbell. He sees clients in person in Flourtown and Schwenksville offices. Contact him at lucasvalitskicounseling@gmail.com or 484-602-1189.

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.

Andrea McGady, M.Ed., is a mindfulness teacher offering group meditation. She offers a safe space to develop greater self-compassion. Contact her at andreamcgadycounseling@gmail.com or 215-350-7346.

Tracey A. Smith, M.Ed., CTRS, is a Certified Recreation Therapist, Wellness Educator, and DEI Trainer. Her interactive, experiential, and trauma-informed programs address self-care, self-esteem, stress management, spirituality, and leadership. She leads wellness retreats and creates diversity and workplace wellness programs. Contact her to learn more at 215- 605-3221 or tracey@wellnesswrksllc.com or www.wellnesswrksllc.com.