

## ***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, 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, offering counseling and Healing Intensives. She is an Approved Consultant in both IFS and EMDR. A long-time group facilitator and Certified Laughter Yoga Teacher, she offers experiential programs for healthcare professionals. To learn more, visit [www.elizabethvenart.com](http://www.elizabethvenart.com), email [elizabethvenart@counselingsecure.com](mailto:elizabethvenart@counselingsecure.com) or call 215-233-2002.

**Elizabeth Campbell, MS, LPC**, is a Licensed Professional Counselor, EMDRIA-Approved Consultant, 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 the integration of play and EMDR. She is the Clinical Director of the Mentorship Program and the Founder of the Schwenksville location of The Resiliency Center. To learn more, visit [www.elizabethcampbellcounseling.com](http://www.elizabethcampbellcounseling.com) or contact her at 610-757-8163 or [elizabeth@elizabethcampbellcounseling.com](mailto: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](mailto: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 understand their authentic selves, aspirations, and a path forward. Her specialties include trauma-informed CBT, yoga, mindfulness, and nature-based therapy. Contact her at 484-645-6435 and [lindsay@bloomwellnesscounseling.com](mailto:lindsay@bloomwellnesscounseling.com). Website: [www.bloomwellnesscounseling.com](http://www.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. Trained in DBT, CBT, Solution-Focused Therapy, and Mindfulness, she collaborates with clients to address anxiety, depression, life transitions, work/life balance, and relationship challenges. Website: [www.theresedanielscounseling.com](http://www.theresedanielscounseling.com). Contact her at 410-919-9673 or [therese.danielslpc@gmail.com](mailto:therese.danielslpc@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](mailto: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 [vanessamortillolpc@counselingsecure.com](mailto:vanessamortillolpc@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](mailto: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 [oruffinlpccounseling@gmail.com](mailto:oruffinlpccounseling@gmail.com) or (267) 434-1030.

**Allison (Allie) Beer, MSW, LCSW**, is a Licensed Clinical Social Worker providing neurodiversity-affirming, trauma-informed therapy for teens and adults. Drawing from Internal Family Systems (IFS), EMDR, and mindfulness practices, she helps clients navigating anxiety, trauma, ADHD, depression, grief, and low self-esteem find healing and cultivate self-compassion. Connect with her at 215-688-5117 or [allison@allisonbeerlcsw.com](mailto:allison@allisonbeerlcsw.com). Website: [Allisonbeerlcsw.com](http://Allisonbeerlcsw.com)

**Jen Perry, MEd, MA, LPC**, is a Licensed Professional Counselor who offers 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 supports people to deepen relationships through self-compassion and self-care — and to move from surviving life to really thriving in a life they actively co-create. Contact her at 215-292-5056 or [jen@heartfulnessconsulting.com](mailto:jen@heartfulnessconsulting.com) or [www.heartfulnessconsulting.com](http://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](mailto: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](mailto: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 and a Manuscript Workshop. She also offers Daily Writing Prompts — Learn more at <https://phillywriters.com/daily-writing-prompts/>. View all her offerings at her website at [www.phillywriters.com](http://www.phillywriters.com). Contact her at [rachel@phillywriters.com](mailto:rachel@phillywriters.com).

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