



EXPERTISE

Trauma-certified Clinical Social Worker, Yoga instructor

INTRODUCTION

I approach therapy as a collaborative effort between myself and the client. My hope is to help people access their own inherent wisdom and strengths so they can discover for themselves what has been there all along. I believe that unconditional self-acceptance and self-compassion are the keys to inner peace and happiness.

I completed several types of specialized trauma trainings as well as yoga teacher training. I utilize non-traditional approaches for clients looking for something more than "just talk therapy." I've found that including the body and spirit accelerate the therapy process, so I use integrative/holistic techniques when appropriate.

Please visit my website for more detailed descriptions of the modalities I use most often. Feel free to contact me with any questions you may have.

On a more personal note, I enjoy rock climbing, cooking, being a new mom, and continuing to grow on all levels. I try to keep a sense of humor and remember to be grateful for all of the blessings in my life. I look forward to crossing paths with you!

Some of the common issues I work with clients on:

- Anxiety
- Depression
- Unresolved trauma
- Self-harm behaviors
- Addictions
- Grief and Loss

SERVICES OFFERED

- Integrative Psychotherapy

MAKE AN APPOINTMENT

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