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Healing Trauma and Strengthening Adoptive Relationships

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Lisa is a clinical social worker specializing in working with people throughout their life span learn how to be in relationships and manage their emotions more effectively.

Lisa graduated from New York University in 1997 with her Masters of Social Work and worked for many years as a hospice/bereavement counselor. Subsequently, Lisa’s community-based work led to partnering therapeutically with families transitioning out of homelessness and providing these families with the psychological and material support to heal from the traumas leading to their homelessness. Much of this work focused on helping parents better understand the ways in which their own histories impacted how they parented their children and how they might approach parenting with a “different lens.” These experiences contributed to solidifying Lisa’s commitment to working with children, teenagers and adults who suffer from symptoms resulting from early neglect, abuse and/or trauma. Although overwhelming in their impact, such traumas can be integrated in meaningful and powerful ways through parenting and other therapeutic relationships and experiences.

Lisa maintains a membership in the National Association of Social Workers (NASW), the Eye Movement Desensitization and Reprocessing International Association (EMDR/RIA), the International Society for the Study of Trauma and Dissociation (ISST-D). In addition, Lisa is certified in EMDR and Dyadic Developmental Psychotherapy (an Attachment-Focused treatment method developed by Daniel Hughes.)