

Attachment COALITION of Michigan
34441 Eight Mile, Suite 104
Livonia, MI 48152
www.attachmentcoalition.org



Healing Trauma and Strengthening Adoptive Relationships

Biography – December 2018

Lydia Glibota, LMSW, MSW

lydia@dfactherapy.com

www.dfactherapy.com

248-923-5171

Lydia is a licensed clinical social worker and member of the National Association of Social Workers. Lydia has a private practice in South East Michigan. She provides outpatient treatment for children, families, parents and adults who present with a history of complex trauma and/or disrupted attachment. Lydia also has a special interest in working with families whose children have been diagnosed with high level anxiety and/or selective mutism.

Lydia is a certified Theraplay® Therapist and Trainer and a member of the Theraplay Institute in Evanston, IL. Lydia incorporates other attachment-based modalities into treatment such as Dyadic Developmental Psychotherapy, mindfulness practices and utilizes interpersonal relational theories to inform her practice.

Lydia graduated with an Honors BA in Psychology, followed by a Bachelor and Master of Social Work Degrees. She began her career as a family service worker (protection case worker) for the Children's Aid Society in 2004, located in Windsor, Ontario, Canada. The following year she joined the outpatient treatment team at Windsor Regional Hospital, Windsor Regional Children's Centre as a crisis intervention worker providing emergency room assessments, single session and brief treatment therapy services. She was liaison for the community adolescent mental health beds and provided therapeutic intervention for adolescents discharging from the community mental health bed assessment program. Lydia eventually joined the specialized treatment team at Hotel-Dieu Grace Healthcare, Regional Children's Centre, serving families and their children with complex needs before moving exclusively to her current private practice in South East Michigan.