

# EMILY SIEGEL, LCSW, PC

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## PROFESSIONAL EXPERIENCE

### Private Practice in Psychotherapy, Laramie, WY

2011-current

- Independent psychotherapy practice specializing in the treatment of trauma
- EMDR therapy and consultation
  
- **University Counseling Center at the University of Wyoming, Laramie, WY**  
2011
- Half-time, 7 month position providing short term therapy for students at the University of Wyoming

### Friends of Firefighters, Brooklyn, NY

2008-2011

- Clinical Director
- Provided individual, family and group therapy for New York City Firefighters, including EMDR
- Supervised clinical staff and coordinated coverage
- Applied knowledge of Twelve Step Recovery
- Developed anger management group curricula in collaboration with clinicians

### Private Practice, Brooklyn, NY

2007-2011

- Part time psychotherapy practice with a focus on trauma and dissociation
- EMDR therapy and consultation

### Safe Horizon 9/11 Mental Health Programs, New York, NY

2006 -

2008

- Assistant Director
- Provided trauma therapy including EMDR in Spanish and English to couples, groups and individuals
- Experience with administrative tasks and staff liaison for agency officers

### Brooklyn Psychiatric Centers, Access Program, Brooklyn, NY

2001 -

2005

- Intern, Psychiatric Social Worker
- Practiced outpatient psychotherapy in Spanish and English with court-mandated population
- Applied knowledge of DSM-IVR and psychotropic medication

## TRAINING AND CERTIFICATIONS

EMDR International Association Approved Consultant

2011

Stephen Mitchell Center for Relational Studies

2009 -

2010

Somatic Experiencing Trauma Institute, Beginning Level 2008 - 2009  
Institute for Contemporary Psychotherapy, Trauma Studies Center, Advanced Certificate 2006 -  
2008  
EMDR Certification 2007  
Psychoanalytic Psychotherapy Study Center: Couples Work: An Object Relations Perspective  
2006

## **WORKSHOPS PRESENTED**

### **Transforming Trauma With EMDR July 2013, Omega Institute for Holistic Studies**

**Assistant to Instructor Laurel Parnell**

Supervised students learning the practice of EMDR

### **EMDR Refresher Course June 2013, Cheyenne, WY**

Co-presented with Jan Schaad, LCSW, PC, a review of EMDR technique for trained clinicians

### **EMDR and Attachment- Expanding the Interweave 10/26/12 Fort Collins, CO**

Presented for EMDR therapists at the Northern Colorado EMDR Network. Discussed attachment dynamics and the implications for working with EMDR both in the therapy relationship and in the use of creative interweaves.

### **Our Issues Are In Our Tissues 9/29/12 Laramie, WY**

Co-Presented for the public at Blossom Yoga in Laramie with certified yoga teacher Stephanie Long on the confluence of yoga, mental health and the neurobiology of mood.

### **Healing the Trauma of Childhood Sexual Abuse With Integrative EMDR 4/11/12 Casper, WY**

Presented for students and professionals at the Casper College Wellness Conference on a model of integrating mindfulness, attachment, ego state therapy and EMDR to treat complex childhood sexual abuse. The presentation was designed to demonstrate and integration of therapy approaches, EMDR technique was not reviewed or discussed beyond what is accessible on the EMDRIA website.

## **CONFERENCE AND WORKSHOP ATTENDANCE**

EMDR Consultants Supervision and Study Group, New York City, 2010-Current, bi-weekly meetings by skype

Attachment Based Trauma and EMDR, Maiburger Institute, Boulder, CO

EMDRIA Conference: Minneapolis, WI 2010; Washington, DC 2012

## **EDUCATION AND SOCIAL WORK INTERNSHIPS**

Hunter College School of Social Work, MSW, New York, NY

2002

Awards:

Rebecca Donovan Award for Excellence in Research, HCSSW

“Tossed Salad: Reconceptualizing Diversity and its Role in Cultural Competence”

American Board of Examiners in Clinical Social Work, Excellence in Preparation for Clinical Practice

“Growing Pains: Implications for Practice in Termination of Psychotherapy with Very Young Clients”

