# Jodi Mullen

## Founder and CEO

## PhD, LMHC-D, NCC, RPT-S, CCPT- Master



I have 30 years experience providing mental health care to children, adolescents and adults in this community. My goal is to provide each individual I see for services a safe and growth-promoting space where they can reach their wellness potential. I endeavor to create the same environment in supervision and professional trainings.

**Credentials:** PhD Counselor Education & Supervision, Syracuse University, NYS Licensed Mental Health Counselor, RPT-S, CCPT-Master

**Experience with the following disorders/specialties:** Anxiety, Children's issues, Childhood Trauma, Chronic Illness, Depression, Domestic Violence, Eating Disorders, Grief/Loss, LGBTQ+, Life Transitions, Mood Disorders, Parenting, Relationships, Racial Identity, Self-Esteem, Self-Harming, Sexual abuse, Spirituality, Stress, Trauma, Trust Issues, Women's Issues

**Therapeutic Approaches:** Attachment-Based, Child-Centered Play Therapy, Compassion-Focused, Culturally Sensitive, Expressive Arts, Feminist, Humanistic, Integrative, Internal Family Systems, Interpersonal, Narrative, Person-Centered, Strength-Based, Trauma-Focused

**Experience Working With:** Toddlers, Children (6-10), Preteens, Teens, Adults