

# Referral Resource Guide

A DIRECTORY OF EXPERIENCED CLINICIANS & SERVICE PROVIDERS AVAILABLE FOR ONGOING CARE FOLLOWING THE CLOSURE OF HEADINGTON INSTITUTE SERVICES AS OF DECEMBER 19, 2025.



[www.headington-institute.org](http://www.headington-institute.org)



# About This Referral Guide

## Introduction and Purpose

As Headington Institute concludes services on December 19, 2025, our priority is to help clients and partners identify options for ongoing care.

This Referral Resource Guide contains information about independent clinicians and service providers who have experience supporting people in high stress and crisis exposed environments. Many have previously worked with Headington Institute as associates.

This guide is provided for informational purposes only. Headington Institute is not able to schedule appointments or coordinate services on behalf of clients. Individuals and organizations may contact the providers listed here directly for inquiries about availability, fees, and services.

## How to Use This Guide

- Each clinician profile includes contact information, location or service region, languages, and areas of specialization.
- Some providers offer virtual services, in-person care, or both. Availability will differ by location and licensing requirements.
- Clients are encouraged to reach out directly to the provider who best meets their needs.
- Service options, fees, and scheduling are determined entirely by each clinician. Headington does not manage these details.

## Privacy & Disclaimer

After December 19, 2025, all clinicians listed in this guide operate independently and are not supervised, managed, or contracted by Headington Institute. Fees, scheduling, availability, and clinical decisions are handled directly by each provider. This list is provided as a courtesy. It does not constitute an endorsement. The Headington Institute does not assume any liability.



## Headington Institute Referral List

*To help you easily navigate available support options, all providers and organizations are listed alphabetically. Click on the name to take you to their information/bio.*

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[Dr. Shelle Welty](#)



## EMMADA PSYCHOLOGY CENTER

<b>Practice Name</b>	The Emmada Institute of Behavioral Health and Wellness
<b>Business Type</b>	A mental health, public charity, nonprofit organization
<b>Website</b>	<a href="http://www.emmada.org">www.emmada.org</a>
<b>Email</b>	<a href="mailto:drrickwilliamson@emmadapsych.com">drrickwilliamson@emmadapsych.com</a>
<b>Phone</b>	+1 855-255-9366
<b>Locations</b>	Los Angeles, California, USA
<b>Languages</b>	Varies by clinician; global network with services offered in multiple languages.

**Overview** The Emmada Institute provides culturally responsive psychological care for individuals, couples, families, and groups. Their clinical team integrates trauma-informed treatment, evidence-based therapies, and culturally grounded approaches to support mental health and overall wellbeing. They have extensive experience serving diverse communities, including those affected by immigration, conflict, displacement, natural disasters, and systemic trauma or violence.

In addition to direct care, they strengthen those who serve impacted populations—such as care providers, first responders, helping-sector professionals, and humanitarians. Through specialized pre-deployment sessions and resilience-building workshops, they help these professionals expand their capacity to sustain their work and support more people over time.

Across all services, their approach emphasizes collaboration, empowerment, and a deep understanding of how cultural identity, community context, and lived experience shape healing and resilience.



## EMMADA PSYCHOLOGY CENTER (cont'd)

### Skills and Competencies

- Trauma-Informed psychotherapy
- Cultural-Affirming counseling
- Stress, Anxiety, Burnout recovery
- Grief and Loss counseling
- Workshops and Psychoeducation Trainings for teams and organizations
- Psychological Resilience Development
- Support for helpers, caregivers, first-responders, and humanitarian workers

### Specific Services Offered

- Individual psychotherapy (in-person and telehealth)
- Couples and family counseling
- Group counseling and support spaces
- Training workshops for care providers and organizations
- Consultation on wellbeing, inclusion, culturally responsive practice
- Pre- and Post-Deployment Psychological Resilience and Readiness Assessments



## NANCY ELBASEL-ASI

<b>Practice Name</b>	Nancy Elbasel Psychological Services
<b>Business Type</b>	Online Private Practice
<b>Professional Title</b>	Clinical Psychologist (MA), EMDR Therapist
<b>Email</b>	<a href="mailto:Nancy.el2801@gmail.com">Nancy.el2801@gmail.com</a>
<b>Phone</b>	(+972)-549481215
<b>Location</b>	Israel/Palestine
<b>Languages</b>	Arabic, English, Hebrew

**Bio** Nancy Elbasel is a clinical psychologist with over a decade of experience accompanying individuals, families, and groups through emotional, interpersonal, and systemic challenges. She integrates psychodynamic, trauma-informed, and EMDR approaches to provide holistic care that supports healing, growth, and resilience. Her work spans hospitals, universities, and humanitarian organizations, where she supports people affected by collective trauma and difficult life events. Nancy is known for her compassionate, culturally attuned approach and extensive experience with diverse and marginalized populations, including LGBTQIA+ communities. She believes that every therapeutic and organizational process must be grounded in genuine connection and understanding — shaped by attentive listening, familiarity with the person or group, and deep recognition of their unique needs and context.

### Skills and Competencies

- Trauma therapy and trauma-informed care
- Psychodynamic psychotherapy
- EMDR (Eye Movement Desensitization and Reprocessing)
- Psychological First Aid (PFA)
- Burnout prevention and resilience training
- Cross-cultural and intersectional support
- PTSD, anxiety, and depression treatment
- Crisis intervention and humanitarian response
- Leadership and organizational consultation
- Child, adolescent, and adult therapy



## **NANCY ELBASEL-ASI (cont'd)**

### **Specific Services Offered**

- Individual counseling and psychotherapy
- Group counseling and support groups
- Critical incident and trauma support
- Psychological debriefing and PFA
- Training and workshops for teams and organizations
- Organizational consultation and leadership coaching





## ANNIKA HACIN SRIDHARAN, PsyD

<b>Practice Name</b>	Global Mosaïque Care
<b>Business Type</b>	Licensed Clinical Psychologist specialized in global mental health, trauma recovery and professional wellbeing support.
<b>Professional Title</b>	PsyD, MSW
<b>Website</b>	<a href="http://www.globalmosaïque.org">www.globalmosaïque.org</a>
<b>Email</b>	<a href="mailto:annika.sridharan@globalmosaïque.org">annika.sridharan@globalmosaïque.org</a>
<b>Phone</b>	+1 510-334-5757
<b>Location</b>	Remote clinical practice based in Berkeley, California and Girona, Spain
<b>Languages</b>	English, French, Spanish, Portuguese
<b>Bio</b>	<p>Annika Sridharan is an international humanitarian psychologist who has spent 30 years in the field of global mental health. Through NGOs in Africa, the Americas and Europe she has provided psychosocial care for forcibly displaced communities fleeing interpersonal violence and persecution, and provided training and support for staff working in these high stress environments. In her professional roles, Annika has provided clinical care and leadership, supervision, training and program development at several torture treatment programs in the United States and Central and Southern Africa.</p> <p>Annika's independent clinical practice offers remote psychological care for immigrants &amp; refugees; and professional wellbeing support for journalists and humanitarian, development aid and community-based workers in global contexts.</p> <p>Annika's clinical orientation is integrative, with close attention to trauma, culture and context, and a focus on depth and meaning. Her approach is based in contemporary relational theory, and influenced by humanistic and liberation psychology, attachment theory, mindfulness and a multi-perspective international lens.</p>





## **ANNIKA HACIN SRIDHARAN, PsyD (cont'd)**

### **Skills and Competencies**

- Trauma recovery care
- Relational psychotherapy
- Support for PTSD, depression, anxiety
- Mindfulness & resilience building
- Psychological First Aid
- Grief & loss
- Intercultural support
- Recovery from vicarious trauma, burnout & moral distress
- Close relationships & parenting
- Life transitions

### **Specific Services Offered**

- Individual counseling
- Family & couple counseling
- Group counseling/support groups
- Critical incident support
- Direct services consultation & supervision



## HEATHER HOFFMAN

<b>Practice Name</b>	Global Resilience Therapy and Consulting
<b>Business Type</b>	Global remote and in-person resilience coaching and consulting.
<b>Professional Title</b>	Heather Hoffman, LCSW
<b>Website</b>	<a href="http://www.globalresilienceconsulting.com">www.globalresilienceconsulting.com</a>
<b>Email</b>	<a href="mailto:HeatherHoffmanLCSW@gmail.com">HeatherHoffmanLCSW@gmail.com</a>
<b>Phone</b>	+1 773-231-0028
<b>Location</b>	Washington, USA Remote practice serving Washington State and Illinois, USA
<b>Languages</b>	English, Spanish
<b>Bio</b>	<p>Heather Hoffman is an experienced psychotherapist, trauma specialist, and organizational wellbeing consultant with over 20 years of experience providing specialty mental health care in complex and high risk settings across the US, Central America, and Africa.</p> <p>As a consultant, Heather partners with global humanitarian and human rights organizations, schools, healthcare providers, and first responders to improve wellbeing and address the effects of workplace stress. Through consultation and capacity building, she designs and implements staff wellness initiatives, assists communities in responding to critical incidents and resolving conflict and helps workplaces become more trauma-responsive and resilient.</p> <p>As a Trauma Specialist, Heather provides individual therapy, resilience coaching, and critical incident debriefing to help staff prepare for or recover from traumatic stress exposure, cope with symptoms, and move forward with their lives.</p>



## HEATHER HOFFMAN (cont'd)

### Skills and Competencies

- Psychological wellbeing in high risk environments
- Vicarious Trauma
- Resilience Training
- Evidence-based trauma therapy
  - (EMDR, Cognitive Processing Therapy, Prolonged Exposure Therapy)
- Acceptance and Commitment Therapy
- Dialectical Behavior Therapy
- Advanced Conflict Resolution Support
- Trauma-informed program design and organizational development
- Psychological First Aid
- Posttraumatic Stress Management & Critical Incident Stress Debriefing

### Specific Services Offered

- Individual counseling
- Resilience Coaching for individuals, groups, and teams
- Training and Workshops
- Organizational Consultation including:
  - Organizational Crisis Response and Critical incident support
  - Trauma-informed program development
  - Conflict Resolution Consultation
  - Leadership and Management Coaching
  - Workplace Wellbeing and Staff Care program development



## THE KON TERRA GROUP

<b>Practice Name</b>	The KonTerra Group
<b>Business Type</b>	Private Consulting Firm
<b>Professional Title</b>	Staff-Care & Organizational Resilience Services Provider
<b>Website</b>	<a href="http://www.konterragroup.net">www.konterragroup.net</a>
<b>Email</b>	<a href="mailto:info@konterragroup.net">info@konterragroup.net</a> or <a href="mailto:tgallant@konterragroup.net">tgallant@konterragroup.net</a>
<b>Phone</b>	+1 202-351-6826
<b>Locations</b>	Washington, DC, USA
<b>Languages</b>	KonTerra is a global provider, with a dedicated roster of over 300 counselors, trainers, and coaches based in over 60 countries and speak over 70 languages.

<b>Overview</b>	<p>The KonTerra Group supports humanitarian, development, diplomatic, and other high-stress sector organizations with staff-care, trauma response, and organizational resilience services. Established in 2007, KonTerra works globally, drawing on a diverse network of psychologists, counselors, consultants, and crisis-response professionals. Their services help individuals and teams maintain wellbeing before, during, and after high-stress assignments, deployments, or critical incidents. KonTerra is known for its culturally responsive, trauma-informed approach and its ability to provide rapid, specialized care during emergencies. Their work strengthens resilience, reduces burnout, and supports sustainable performance across complex operational environments.</p>
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### Skills and Competencies

- Staff-care and resilience interventions
- Critical incident response and debriefing
- Pre-deployment and post-deployment psychosocial support
- Resilience workshops and training
- Organizational wellbeing strategy and consultation
- Team wellbeing assessments and program design
- Support for humanitarian and development sector staff



## THE KONTERRA GROUP (cont'd)

### Specific Services Offered

- Individual, team, and leadership counseling
- Critical incident and crisis-response support
- Psychological first aid and debriefing
- Training and workshops for staff and managers
- Organizational assessment and resilience programs
- Program design, learning, and evaluation



## MONIQUE MENDOZA, PhD

<b>Practice Name</b>	MM Psychology and Solutions, Inc.
<b>Business Type</b>	S-Corp MM Psychology and Solutions, Inc.
<b>Professional Title</b>	Monique Mendoza, PhD   CEO
<b>Website</b>	<a href="http://www.mmpsychsolutions.com">www.mmpsychsolutions.com</a>
<b>Email</b>	<a href="mailto:monique@mmpsychsolutions.com">monique@mmpsychsolutions.com</a>
<b>Phone</b>	+1 562-818-1554
<b>Location</b>	California, United States based, serving organizational globally and remotely
<b>Languages</b>	English

**Bio** Dr. Mendoza's 13+ years of specialized expertise uniquely position her as a leader in customizing safety solutions and workplace violence prevention. She expertly aligns compliance with practical implementation, delivering impactful results for both public sector entities and Fortune 500 companies. Her innovative perspective on supporting global organizations, combined with her comprehensive understanding of trauma, makes her an invaluable asset in creating effective safety strategies. Meet Dr. Monique Mendoza, a licensed psychologist who supports high-risk environments and provides threat management training for various work settings, including inpatient and ambulatory healthcare settings. In addition, Dr. Mendoza offers consulting services to organizations seeking to institutionalize their behavioral intervention teams. She can help highlight an organization's available interventions and provide strategic crisis communication guidance.

### Skills and Competencies

- Vicarious Trauma
- Personal Security/ Situational Awareness
- Resilience Training



## MONIQUE MENDOZA, PhD (cont'd)

### Specific Services Offered

- Critical Incident Response
- Threat Management Consultation
- Mass Violence Incident Response
- Workplace Safety Optimization
- Strategic Support Options:
  - Executive Advisory Support
  - Assessment Services
  - Speaking and Training





## SHEILA KONYU MUCHEMI, PhD

<b>Practice Name</b>	Optimal Bliss Limited <i>Counselling Consultants</i>
<b>Address</b>	P. O. Box 55176-00200, Nairobi, Kenya
<b>Licensure</b>	Kenya (C&P/P/0096/0424 - Counsellors & Psychologist Board) and Commonwealth of Virginia, USA (0810006374).
<b>Professional Title</b>	PhD
<b>Email</b>	<a href="mailto:sheila@optimalbliss.co.ke">sheila@optimalbliss.co.ke</a>
<b>Phone/WhatsApp</b>	+254 702 734 272
<b>Location</b>	Nelson Awori Centre (Next to Nairobi Hospital) 2nd Floor, Wing A - Suite 3 07 Ralph Bunch Road Nairobi, Kenya
<b>Languages</b>	English, Kiswahili

**Bio**

Sheila is a clinical psychologist providing trauma-informed support to individuals in high-risk and high-stress contexts, helping them navigate personal and professional challenges.

She trains organizations on resilience, stress, vicarious trauma, burnout, and healthy workplace cultures. She also trains leaders in trauma-informed leadership, psychological safety and mental resilience among others.

As a consultant psychologist in high-intensity security trainings (HEAT), Sheila offer assessments, consultations, debriefs, and resilience workshops before, during, and after courses.

Sheila also provide short term therapy and pre and post-deployment assessments for humanitarian workers worldwide and ongoing support in hostile environments.

In private practice, she works with clients with various mental health challenges and as well individuals with struggles in relationships, work environments, grief and loss, etc.



## **SHEILA KONYU MUCHEMI, PhD (cont'd)**

Sheila teaches and supervises doctoral students at a local university and offers ongoing supervision for clinicians in private practice. She also has extensive clinical experience across inpatient, outpatient, forensic, and community settings in Kenya and the U.S where she received my doctorate.

She brings specialized expertise in working across diverse cultural contexts (M.A. in Intercultural Studies) and integrating faith and psychology when relevant.

### **Skills and Competencies**

- Hostile Environment Awareness Trainings (HEATs)
- Resilience Trainings
- Trauma counselling support for high-risk & high-stress environments
- Trauma-informed Leadership trainings
- Mental Wellbeing Trainings
- Cross-cultural support
- EMDR
- CBT

### **Specific Services Offered**

- Individual counseling
- Couple Therapy
- Group counseling/support groups
- Critical incident support
- Training and workshops
- Organizational consultation



## TALA NOWEISSER

**Professional Title** Counselor

**Email** [noweissert@gmail.com](mailto:noweissert@gmail.com)

**Location** Beirut, Lebanon

**Languages** Arabic, English, French

**Bio** Tala is a licensed psychologist currently residing in Beirut, Lebanon. Vast experience working with individuals coming from diverse educational, cultural, and ethnic backgrounds, and in different contexts like schools, universities, NGO's and private clinical settings. Tala is passionate about delivering webinars on topics like Trauma, Parenting, and Anxiety, among others.

### Skills and Competencies

- Vicarious Trauma
- Resilience training
- CBT
- Adlerian individual psychology
- Cross-Cultural Support
- Family dynamics - children support

### Specific Services Offered

- Individual counseling
- Group counseling/support groups
- Training and workshops



## IEVA PRAPUOLENYTĖ-NIZARALY

**Business Type** Psychologist specializing in engaged environments and psychotrauma

**Professional Title** EMDR / CBT Psychotherapist

**Website** [www.psy-du-travail-engage.fr](http://www.psy-du-travail-engage.fr)

**Email** [ieva.prapuolenyte@gmail.com](mailto:ieva.prapuolenyte@gmail.com)

**Phone** +33 6 56 66 06 01

**Location** France

**Languages** English, French, Lithuanian

**Bio** Ieva Prapuolenyte-Nizaraly is a psychologist-psychotherapist and trauma specialist with over ten years of experience in the humanitarian sector. Her work focuses on accompanying individuals and organizations exposed to high levels of stress, vicarious trauma, compassion fatigue, and burnout.

Trained in cognitive-behavioral therapy (CBT) and EMDR, Ieva integrates evidence-based approaches to support recovery, resilience, and sustainable well-being. She provides psychological care for asylum seekers and refugees affected by trauma and displacement, and offers psychosocial support to humanitarian and development professionals working in challenging contexts.

In her clinical and consulting roles, Ieva combines her background in psychology, project coordination, and organizational dynamics to promote mental health and systemic care within teams. Her practice is grounded in empathy, cultural sensitivity, and the belief that caring for those who care for others is essential to lasting impact.

### Skills and Competencies

- EMDR
- CBT
- Trauma counseling
- Vicarious trauma
- Compassion fatigue
- Unified Protocol for Transdiagnostic Treatment of Emotional Disorders
- Intercultural psychology



## IEVA PRAPUOLENYTĖ-NIZARALY (cont'd)

### Specific Services Offered

- Individual counseling
- Group counseling/support groups
- Critical incident support
- Training and workshops
- Organizational consultation



## MICHAEL J. RAKOW, PsyD

**Professional Title** Operational, Organizational, and Clinical Psychologist;  
President, Rock Oak, LLC

**Email** [mrakow@rockoakpro.com](mailto:mrakow@rockoakpro.com)

**Phone** +1 630-862-8409

**Location** Wayne, Illinois, USA

**Languages** English

**Bio** Operational, Organizational, and Clinical Psychologist with more than 20 years of experience applying behavioral science in military, government, and corporate settings. Served as a Command Operational Psychologist with U.S. Special Forces, advising on resilience, threat assessment, partner credibility, influence, and personnel selection. Experienced in target audience analysis, message evaluation, and scenario design supporting government, corporate, and humanitarian intelligence and strategic objectives. As a Commander and consultant, applied behavioral science to recruiting, training, leadership assessment, and executive coaching. Skilled in structured interviews, psychological testing, and adapting assessment tools to inform decisions in sensitive high-stakes contexts.

### Skills and Competencies

- HEAT Psychologist / Survival, Evasion, Resistance, and Escape - SERE-C (High Risk) / SERE Resistance Training (RT) Psychologist
- Psychological & Behavioral Profile Assessment
- Structured Interviews | Cognitive & Personality Assessment | Scenario Design & Risk Assessment
- Personnel Selection for Sensitive Roles | Executive Coaching & Development | Resilience Training
- Cross-Cultural Communication | Senior-Leader Advising | Program Measurement & Adaptation
- Licensed Psychologist (State of Wyoming, #595)
- Cognitive Processing Therapy Provider
- Hogan Assessment Certification
- Prolonged Exposure Therapy Provider
- Stakeholder Centered Executive Coach Certification
- Traumatic Event Management Facilitator
- Aeromedical Psychology Certification



- Combat Operational Stress Control (COSC)

## **MICHAEL J. RAKOW, PsyD (cont'd)**

### **Specific Services Offered**

- Organizational consultation and leader assessment/development/coaching.
- Specialized experience and interest in areas of high-stakes leadership, risk mitigation, resilience, and traumatic stress management & recovery.





## AARON ISRAEL ROSALES, PhD

<b>Practice Name</b>	Kairos Psychological Consult
<b>Business Type</b>	Professional Corporation
<b>Professional Title</b>	Aaron Israel Rosales, PhD
<b>Website</b>	<a href="http://www.getkairosconsult.com">www.getkairosconsult.com</a>
<b>Email</b>	<a href="mailto:aaron@getkairosconsult.com">aaron@getkairosconsult.com</a>
<b>Phone</b>	+1 669-208-9615
<b>Location</b>	Los Gatos, California, USA
<b>Languages</b>	English

**Bio** Aaron is a licensed psychologist with 10+ years of experience supporting relief, development, social change work. With personal experience in the sector ([startbrio.org](http://startbrio.org)), Aaron knows firsthand the realities of engaging in deeply meaningful but difficult work. Each job and life chapter brings new questions and challenges to face both as a manager and personally outside of work. As a therapist Aaron can be your guide and support through these stresses and transitions. As an Organizational Consultant, Aaron can help use data-driven approaches to identify strengths and growth edges for HR and senior management to enhance employee experience and retention.

### Skills and Competencies

- Existential concerns
- Life Transitions
- Burnout
- Anxiety
- Evidence-Based Intervention
- ACT & Liberation modalities
- Brief Intervention and extended Single Session options

### Specific Services Offered

- Individual Counseling
- Couples Counseling
- Training & Workshops
- Data-driven Organizational Assessment and Consultation
- Management Psychological Assessment and Feedback/Coaching



## STEPHEN THOMPSON, MA, CCWS, CHRS, EdD(c)

<b>Practice Name</b>	Thompson Counseling & Consulting (TCC)
<b>Business Type</b>	Sole Proprietorship/LLC
<b>Professional Title</b>	Stephen Thompson, MA, CCWS, CHRS, EdD(c)
<b>Website</b>	<a href="http://www.thompson-cc.com">www.thompson-cc.com</a>
<b>Email</b>	<a href="mailto:sjthompson.ed@gmail.com">sjthompson.ed@gmail.com</a>
<b>Phone</b>	+1 (242) 818-4855 (Bahamas)   +1 (660) 229-3672 (U.S.)
<b>Location</b>	Registered Business virtually based in Nassau, The Bahamas, serving global clients;
<b>Languages</b>	English

**Bio** Stephen Thompson is a psychotherapist, consultant, and global well-being strategist with over a decade of experience supporting professionals in high-stress and trauma-exposed environments. As Founder of Thompson Counseling & Consulting, he specializes in trauma-informed leadership, staff care, and organizational resilience. His work bridges mental health and organizational development, equipping leaders and teams with tools to thrive under pressure. Stephen's approach integrates evidence-based clinical practice with systems thinking, empowering individuals and organizations to achieve sustainable well-being and performance.

### Skills and Competencies

- Trauma-informed leadership & systems design
- Resilience and well-being training
- Psychological safety and staff care strategy
- Cross-cultural counseling and capacity strengthening
- Mental health program development
- Critical incident stress management & crisis response
- Organizational resilience and change management
- Evidence-based psychotherapy (CBT, trauma-focused, integrative approaches)



## **STEPHEN THOMPSON, MA, CCWS, CHRS, EdD(c) (cont'd)**

### **Specific Services Offered**

- Individual counseling/coaching (virtual)
- Group counseling and peer support facilitation
- Critical incident response and post-crisis recovery support
- Training and workshops on resilience, trauma, and well-being
- Organizational consultation and leadership development program facilitation
- Staff care and mental health program design
- Psychosocial Support



## MURIEL TYAN

<b>Practice Name</b>	Clinic Tyan
<b>Professional Title</b>	Clinical Psychologist
<b>Email</b>	<a href="mailto:murieltyan@gmail.com">murieltyan@gmail.com</a>
<b>Phone</b>	+33 6 13 83 28 99
<b>Location</b>	10 Rue du Laos, 75015 Paris, France
<b>Languages</b>	Arabic, English, French

**Bio** Muriel Tyan is a licensed clinical psychologist based in Paris, France, with over 2 decades of experience. She holds a D.E.S.S. in Clinical Psychology and Psychopathology.

Specializing in trauma treatment for individuals from diverse backgrounds, Muriel is also a dedicated trainer and lecturer, sharing her expertise at conferences across the Arab world. Certified in evaluating psycho-social risks (RPS) and promoting quality of life at work (QVT), she provides essential training in this field.

Passionate about personalized therapeutic interventions, Muriel supports patients facing PTSD, depression, bereavement, chronic illness, anxiety, parenting challenges, and burnout, emphasizing work-life balance.

### Skills and Competencies

- Resilience and Psychological safety training
- Support for Expat and cross-cultural counseling
- Trauma and Vicarious Trauma counseling
- Cognitive Behavioral Therapy (CBT)
- Counseling on Parenting and Family Dynamics
- Therapeutic interventions with Children and Teenagers.
- Couple Counseling



## MURIEL TYAN (cont'd)

### Specific Services Offered

- Individual Counseling: Customized therapy for PTSD, depression, anxiety, burnout, emotional disorders, relationship issues, and work-life balance.
- Group Counseling/Support Groups and Debriefs: Facilitated sessions for shared experiences in bereavement, chronic illness.
- Critical Incident Support: Immediate psychological assistance following traumatic events.
- Training and Workshops: Specialized sessions on mental health awareness, work-life balance, and coping strategies.
- Organizational Consultation: Expert advice on evaluating psycho-social risks (RPS) and promoting quality of life at work (QVT) with a focus on trauma-related contexts.



## DR. SHELLE WELTY

<b>Practice Name</b>	Phoenix Psychology P.C.
<b>Business Type</b>	S Corporation
<b>Professional Title</b>	Shelle Welty, PsyD
<b>Email</b>	<a href="mailto:drshelle@phoenixpsych.org">drshelle@phoenixpsych.org</a>
<b>Phone</b>	+1 805-338-8921
<b>Location</b>	Hermosa Beach, California, USA; Telehealth Provided in most areas
<b>Languages</b>	English

**Bio** Shelle Welty is a licensed psychologist with over 20 years of experience. She specializes in the treatment of PTSD and c-PTSD, with training in a number of evidence-based and holistic approaches to treat PTSD symptoms, anxiety, mood disorders and relational issues. Building resilience for those in high-stress contexts is another primary area of focus. Dr. Welty uses an integrative approach that emphasizes EMDR, somatic elements, parts work and mindfulness. Client empowerment, a focus on strengths, honoring clients' self-knowledge and cultural approaches to healing are central to her work. She has worked with patients in both long-term and acute hospital settings, foster children and their support systems, veterans, college students, athletes, humanitarian aid workers and refugees, among others.

### Skills and Competencies

- EMDR
- Cognitive Processing Therapy
- Acceptance and Commitment Therapy
- DBT skills
- Resilience training
- Trauma Resiliency Model
- Mindfulness

### Specific Services Offered

- Individual counseling
- Critical incident support
- Training and workshops