



***Amy Smith, LCSW***

You're reading this because something in your life is not as you want it to be; you are taking a brave first step by looking for a therapist who can help you live a life that is fulfilling for you. There are a number of events that can bring our lives out of balance, including trauma and loss, but often our difficulties are a bit longer in the making. We often participate in relationship and behavioral patterns that we may not notice because of how deeply ingrained they are. We are immersed in our familial and cultural environments and when these are viewed through an empathic, developmental lens, it becomes easier to see and more critically examine the impact that all of the spoken and unspoken things in your life have had on your relationships, your mood and self-image, and even on your worldview.

We accomplish this through our relationship. In the presence of a trusted therapist, you can begin to unpack your patterns- what is you versus what is your conditioning. The roots of trauma can also be explored through EMDR, which is a technique that I am trained in that helps your mind and body process the effects of trauma.

The bulk of my 20 years of experience have been working with people who have experienced trauma, including youth and families who have experienced involvement with the child welfare system. I am a white woman who strives for allyship with all oppressed groups; as such, I am committed to constantly reevaluating my own beliefs and socialization while holding space for others' beliefs and experiences.