



# LIFEWORKS



## PROVIDER INFORMATION SHEET

### ANNIE AYALA

#### SHORT BIO

Anastasia Ayala, holding a New Hampshire LMFT-C, is a dedicated mental health professional with a focus on Marriage and Family Therapy. Her expertise extends to working with a diverse range of clients, including adolescents, adults, and the elderly. She is adept at supporting individuals who have endured trauma, as well as addressing the unique challenges faced in couples and family dynamics, and LGBTQ-related issues. Additionally, Anastasia is a registered Dance/Movement Therapist (R-DMT), employing movement as a powerful tool for self-expression. This approach is especially beneficial for clients who may find it challenging to express their experiences verbally. Her career is marked by a deep-seated commitment to acknowledging and honoring cultural diversity. Anastasia's experience also includes collaboration with treatment teams, which underscores her holistic approach to therapy, emphasizing care for the entire individual.

#### AGES

- Teenagers
- Adults
- Elderly

#### MODALITY

- Individuals
- Couples
- Families

#### EVIDENCED BASED FRAMEWORKS

- Brief Solution-Focused Therapy
- Cognitive Behavioral Therapy
- Expressive Therapy
- Emotionally Focused Therapy
- Motivational Interviewing
- Movement & Dance Therapy
- Solution Focused Therapy
- Systemic Therapy

#### CLINICAL LICENSES

Licensed Marriage and Family Therapist (*Conditional*)  
LMFT-C

#### EDUCATION

##### SUNY Potsdam

*Bachelors of Arts in Psychology and Dance - Magna Cum Laude*

##### Antioch University New England

*Master of Arts in Dance/Movement Therapy with a concentration in Couple and Family Therapy*

#### CLINICAL SPECIALTIES

Assessment, diagnosis, treatment planning, treatment & collaboration of care of DSM-5 disorders, including:

- Anxiety
- Artistic Expression
- Behavioral Issues
- Career Issues
- Coping Skills
- Depression
- Divorce Issues
- Family Issues
- Grief Reaction
- Life Transitions
- Marital Issues
- Parenting
- Relationships
- Resources
- Self Esteem
- Stress
- Trauma
- PTSD



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