



LIFEWORKS



CLINICIAN INFORMATION SHEET

LAUREN IMLAY ROSARIO

SHORT BIO

Lauren (*She/Her/Hers*) is a Master's Degree Level Couple and Family Therapist and Registered Dance-Movement Therapist (R-DMT). She provides an embodied approach to therapy by supporting one's mental health through the interconnectedness of the mind/body. She supports those experiencing grief, anxiety, depression, life transitions, gender expression/identity, trauma, stress management, or emotional skill building. She works with the LGBTQ+ community, ethnic minorities, non-monogamous relationship constellations, relationship transitions: new baby, divorce, moving, etc., Women's health, birthing populations, as well as the aging population. The post-modern frameworks she pulls from are Motivational Interviewing, Cognitive Behavioral Therapy, Narrative Therapy, and Collaborative Therapy. Dance/Movement Therapy allows her to integrate an understanding of the body's rhythms and patterns into these approaches, as our mental health directly impacts our bodies. She builds a brave space for her clients to work through life challenges and provides them with resources to learn new coping skills.

AGES

- Teenagers (16+)
- Adults

MODALITY

- Individuals
- Couples
- Families

EVIDENCED BASED FRAMEWORKS

- Brief Therapy (CBT/Solution Focused)
- Cognitive Behavioral Therapy
- Humanistic Approach
- Mindfulness Based Cognitive Therapy
- Person Centered
- Positive Psychology
- Solution Focused Therapy
- Strengths Based

CLINICAL LICENSES

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

EDUCATION

Mount Ida College

Bachelor of Science in Marketing

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
- Behavioral Issues
- Career Counseling
- Career Issues
- Coping Skills
- Depression
- Divorce Issues
- Family Issues
- Grief Reaction
- Life Coaching
- Life Transitions
- Marital Issues
- Mediation
- Men's Issues
- Parenting
- Relationships
- Resources
- Self Esteem
- Spirituality
- Stress
- Trauma/ PTSD

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