

# AHEC-SSW Directory – Trainer Information Sheet

**Faculty Name:** Kate Gotelli, MSW, LCSW, SEP

**Position/Title:** Psychotherapist, Somatic Experiencing Practitioner, Training Consultant

**Work Address:** Mindful Awakening, PLLC  
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## Education/Degrees:

- Master of Social Work, Clinical Concentration - Mental Health: San Diego State University (1996)
- Bachelor of Science, Business Administration: Organizational Behavior: Miami University, Oxford, OH (1992)

## Professional Certifications

- Certified Sex Coach™ - Completed the Core Certified Sex Coach (200 hour) training program through Sex Coach U (December 2020)
- Somatic Experiencing™ Practitioner (SEP) – Completed the Somatic Experiencing™ Trauma Institute's 3-year (216 hour) Certificate Program (September 2012 – September 2015)
- Certified Daring Way™ Facilitator (July 2014 – Present) and Rising Strong™ Facilitator (September 2015)
- Certified Therapist in Eye Movement Desensitization and Reprocessing (January 2011)
- Clinical Supervision Certification, NASW-NC (June 2004)

## Academic Experience

- Livestream Workshop Presenter: "Courage In Our Vulnerability: Daring Greatly," 2020  
Parkinson's Foundation Virtual Centers of Excellence Coordinators Day, Chapel Hill, NC. 13  
November, 2020.
- Workshop Presenter: "Anger, Anxiety and the Importance of Shame Resilience Skills," 2019 Women's Health Symposium, Greensboro, NC. 12 August 2019
- Workshop Presenter: "From Surviving to Mindful Thriving: Rising Strong™ through the Lens of a Trauma Therapist," Workshop Presenter, Southeast Courage Builder's Summit, Atlanta, GA. 29 April 2018.
- Workshop Presenter: "Taming the Flames: Helping Clients Recognize, Understand & Move Beyond Anger"
  - Eastern AHEC – 04 June 2020 (scheduled livestream webinar due to COVID19); 12 March 2015; 14 December 2012, Greenville, NC
  - Greensboro AHEC – 06 June 2019, Greensboro, NC
  - Safe Alliance™ – 04 August 2016, Charlotte, NC
  - Charlotte Area AHEC – 03 June 2016; 13 October 2014; 08 March 2013, Charlotte, NC
  - Southern Regional AHEC – 11 March 2016; 10 May 2013, Fayetteville, NC
  - Southeast AHEC – 08 February 2013, Wilmington, NC
- Workshop Presenter: "Trauma and Recovery for Adults"
  - Pee Dee AHEC – 20 November, 2020 (livestream webinar), Florence, SC
  - Mountain AHEC – 11 June 2020 (livestream webinar); 13 July 2012, Asheville, NC
  - Wake County AHEC – 15 November 2019, Raleigh, NC
  - Northwest AHEC – 13 October 2017, Winston-Salem, NC
  - Eastern AHEC – 19 May 2016, Greenville, NC
  - Southeast AHEC – 28 May 2015, Wilmington, NC
  - Southern Regional AHEC – 04 November 2016; 30 November 2012, Fayetteville, NC
  - Charlotte Area AHEC – 26 September 2012, Charlotte, NC
  - Greensboro AHEC – 16 September 2011, Greensboro, NC
- Workshop Presenter: "Healing Developmental Trauma: Transforming Developmental Trauma's Impact on Emotion Regulation and Connection"
  - Southeast AHEC – 27 March 2020 (livestream webinar)
  - University of North Carolina at Chapel Hill, School of Social Work - Clinical Lecture Institute – 20 April 2018, Chapel Hill, NC
- Workshop Presenter: "Transforming Developmental Trauma's Impact on Emotion Regulation & Intimacy"

- Eastern AHEC – 19 October 2018; 14 November 2013, Greenville, NC
- Charlotte Area AHEC – 18 May 2015, Charlotte, NC
- Southern Regional AHEC – 19 September 2014, Fayetteville, NC
- Workshop Presenter: “Promoting Resilience in Adult Female Survivors of Childhood Sexual Abuse”
  - Northwest AHEC – 17 October 2013, Winston-Salem, NC
  - Charlotte Area AHEC – 20 September 2013, Charlotte, NC
  - Southern Regional AHEC – 26 January 2012, Fayetteville, NC
  - Eastern AHEC – 2 December 2011, Greenville, NC
- Adjunct Faculty – Clinical Instructor at UNC-Chapel Hill’s MSW program during Summer Session - SOWO 855: “Treatment of Trauma and Violence”
- Lecture Series Presenter on “Mindful Parenting” at Durham La Leche League (2008)
- Workshop Presenter on “HIV Support Groups – Telling Our Stories” at HIV/AIDS Health Fair 2002, Charlotte, NC (2002)
- Workshop Presenter on “The Process of Disclosure” at Positive Connections - Friends and Family Learning Series, Charlotte, NC (2002)
- Workshop Presenter on “No More Drama: A guide to healthy relationships” at the 8th Annual NANDI Women’s Wellness Conference, Charlotte, NC (2002)

**Brief Summary of Work Experience:**

- Provide somatic psychotherapy to adults using Somatic Experiencing™, EMDR, mindfulness-based cognitive therapies, and psychodynamic psychotherapy with an attachment perspective.
- Facilitate Daring Way™ and Rising Strong™ groups (based on the research of Brené Brown) which assist clients in developing shame resilience skills and a courage practice that transforms the way they live, love, parent, and lead.
- Provide ongoing clinical supervision and case consultation to licensed mental health clinician(s), those seeking the LCSW licensure, and to UNC-Chapel Hill’s Gender Violence Service Coordinators.
- Provide coaching to individuals and couples on sex, intimacy and relationship issues at Embodied Awakening, LLC
- Serve as an Approved Somatic Experiencing™ Personal Session Provider at Beginning, Intermediate & Advanced Levels, and an Approved Somatic Experiencing™ Individual Case Consultation Provider for those who wish to earn their SEP certificate
- Areas of interest include: Treatment and Resolution of Relational, Developmental and Shock Trauma & PTSD, Shame Resilience, Wholehearted Living, Management of Depression & Anxiety, Wellness through Life Transitions, Perinatal Mood Disorders, LGBTQ issues, Women’s Empowerment.
- Provider of individual and group psychotherapy since 1996 in a variety of non-profit and private settings, including outpatient psychiatric practices, a free-standing women’s birthing center, an AIDS service organization, an inpatient psychiatric unit, an acute care residential program for SPMI adults and in-home family outreach counseling with military families.
- Served as Field Instructor for MSW student interns from UNC-CH and UNC-Charlotte
- Taught SOWO 855 summer session class entitled “Treatment of Trauma and Violence” as adjunct clinical instructor for the Master of Social Work program at UNC Chapel Hill

**Specialization Areas:**

- Somatic Psychotherapy & EMDR for the treatment and resolution of Relational, Developmental and Shock Trauma/PTSD
- Shame Resilience & Authentic, Wholehearted Living
- Wellness through Life Transitions
- Enhancing Relationships
- Adult Survivors of Childhood Abuse or Neglect
- Mindfulness-based treatment of depression and anxiety
- Sexual Empowerment & Wellness
- Perinatal Mood Disorders

**Willingness to present on following subjects:**

- “Trauma and Recovery for Adults”
- “Transforming Developmental Trauma’s Impact on Emotion Regulation & Connection”
- “Taming the Flames: Helping Clients Recognize, Understand and Move Beyond Anger”
- “Promoting Resilience in Adult Female Survivors of Childhood Sexual Abuse”
- Mindfulness-Based Approaches in Therapy

- Boundaries and Assertiveness
- Shame Resilience
- Intro to Somatic Psychotherapy
- PTSD & Post Traumatic Growth