

AHEC-SSW Training Partnership Consultant Information Sheet

Name: Kate Gotelli, MSW, LCSW, SEP
Position/Title: Owner of Mindful Awakening, PLLC - Private Psychotherapy Practice
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Email Address: mindfulawakening108@gmail.com

Education / Degrees:

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

Professional Certifications:

- Licensed Clinical Social Worker
- Clinical Supervision Certification, NASW-NC (2004)
- Certified Therapist in Eye Movement Desensitization and Reprocessing (January 2011 - Present)
- Somatic Experiencing Practitioner (SEP) – Completed the Somatic Experiencing International's (then known as Somatic Experiencing Trauma Institute) 216-hour Certificate Program (September 2012 – September 2015)
- Certified Daring Way Facilitator (July 2014 – Present) and Rising Strong Facilitator (September 2015)
- Certified Sex Coach - Completed the Core Certified Sex Coach (200 hour) training program through Sex Coach U (December 2020)
- Certified Sexologist through The American College of Sexologists (September 2021)

Academic Experience:

See CV for this information

Brief Summary of Work Experience

Kate is the owner of her private practice, Mindful Awakening, PLLC, where she provides psychotherapy services with adults and couples, using Somatic Experiencing, EMDR, mindfulness-based cognitive therapies, and psychodynamic psychotherapy with an attachment perspective. She facilitates weekly women's groups based on the research of Dr. Brené Brown to assist clients in developing shame resilience skills and a courage practice that transforms the way they live, love, parent, and lead. Kate also provides clinical case consultation to UNC Chapel Hill's Gender Violence Service Coordinators, provides clinical case consultation to licensed mental health clinicians, and offers clinical supervision to those seeking the LCSW licensure.

Specialization Areas

- Somatic Experiencing® & EMDR psychotherapies for the treatment and resolution of Relational, Developmental and Shock Trauma/PTSD
- Shame Resilience & Wholehearted Living Practices
- Wellness through Life Transitions
- Sexual Empowerment, Embodiment & Wellness

Willingness to present on following subjects:

- "Introduction to Somatic Psychotherapy"
- "Taming the Flames: Helping Clients Recognize, Understand and Move Beyond Anger"
- "Healing Developmental Trauma: Transforming Developmental Trauma's Impact on Emotion Regulation & Connection"
- "Trauma and Recovery for Adults"
- "Promoting Resilience in Adult Female Survivors of Childhood Sexual Abuse"

- Boundaries and Assertiveness
- Mindfulness-Based Approaches in Therapy
- Shame Resilience
- PTSD & Post Traumatic Growth