

KATE GOTELLI, MSW, LCSW, SEP

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EDUCATION, CERTIFICATION & LICENSURE

Master of Social Work, Clinical Concentration - Mental Health, San Diego State University, San Diego, CA (May 1996)

Bachelor of Science, Business Administration, Organizational Behavior, Miami University, Oxford, OH (May 1992)

Licensed Clinical Social Worker, State of North Carolina (Jan 2000 – Present); State of TN (Oct 1998 – Jan 2000)

Clinical Supervision Certification, NC Chapter of NASW (June 2004)

Certified Therapist in Eye Movement Desensitization and Reprocessing (Jan 2011 - Present)

Certified Daring Way™ Facilitator (July 2014 – Present) and **Rising Strong™ Facilitator** (September 2015 – Present)

Somatic Experiencing™ Practitioner (SEP) (September 2015 – Present)

- Completed the Somatic Experiencing™ Trauma Institute's 3-year/216 hour Certificate Program (September 2015)
- Somatic Experiencing™ Training Assistant (March 2016 – Present)
- Approved Somatic Experiencing™ Session Provider (Beginning, Intermediate & Advanced Level sessions towards Certification)
- Approved Somatic Experiencing™ Individual Case Consultation Provider (March 2019 – Present)
- Professional Member of Somatic Experiencing Trauma Institute (September 2012 – Present)

Certified Sex Coach™ (December 2020 - Present)

- Completed the 200-hour Core Certified Sex Coach™ training program at Sex Coach U founded by Dr. Patti Britton, PhD, MPH

PROFESSIONAL EXPERIENCE

Mindful Awakening, PLLC, Psychotherapist & Founder, Chapel Hill & Carrboro, NC, April 2012 – Present

- Provide somatic psychotherapy to adults using Somatic Experiencing™, EMDR, mindfulness-based cognitive therapies, and psychodynamic psychotherapy with an attachment perspective with individuals and couples.
- 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 those seeking the LCSW licensure, to UNC-Chapel Hill's Gender Violence Service Coordinators, and other licensed mental health clinician(s).
- 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 earning their SEP certificate
- Areas of interest include: Treatment and Resolution of Relational, Developmental and Shock Trauma & PTSD, Shame Resilience, Wholehearted Living, Sex & Relationship Therapy, Management of Depression & Anxiety, Wellness through Life Transitions, Perinatal Mood Disorders, LGBTQ issues, Women's Empowerment.

University of North Carolina, Chapel Hill, NC, School of Social Work /Area Health Education Center (AHEC) Training Consultant, July 2014 – Present

- Lead continuing education workshops for mental health professionals throughout North Carolina Area Health Education Centers as a joint venture between AHEC and UNC-Chapel Hill School of Social Work.

Embodied Awakening, LLC, Clinical Sexologist, Certified Sex Coach™ & Founder, Chapel Hill, NC, Jan 2021 – Sept 2022

- Provided professional coaching services to help individuals and couples with sexual, intimacy and relationship issues.
- Facilitated groups for women on sexual empowerment and shame resilience.

University of North Carolina, School of Social Work, Chapel Hill, NC, Adjunct Instructor, June 2010 – July 2014

- Served as AHEC Workshop Presenter for professional continuing education programs
- Taught SOWO 855 Summer Session II 2010 class entitled “Treatment of Trauma and Violence” as adjunct clinical instructor for the Master of Social Work program

Essential Learning, LLC, Contracted Course Reviewer, October 2011 – April 2012

- Completed Field Testing and Needs Assessment tasks for the purpose of creating, designing, developing or otherwise producing work that included outlines, supplementary reference materials, course test questions for online professional continuing education.

Carolina Behavioral Care, PA, Hillsborough, NC, Outpatient Therapist, April 2009 – July 2012

- Provided psychotherapy in a multidisciplinary private outpatient psychiatric practice serving individuals, couples and adolescents using a variety of approaches including CBT, DBT, EMDR, MBCT and Solution-Focused Brief Therapy
- Provided clinical supervision towards licensure to a provisionally licensed clinical social worker

Women’s Birth & Wellness Center, Chapel Hill, NC, Therapist, March 2007 – April 2010

- Provided supportive interpersonal, mindfulness-based cognitive-behavioral therapy and EMDR to individuals and couples facing life/role transitions, depression, anxiety, perinatal mood disorders, relationship difficulties, as well as issues related to self-esteem and family of origin

Independent/Solo Private Practice, Chapel Hill & Durham, NC, Psychotherapist, September 2008 – April 2010

- Provided individual and couples counseling services in a small private practice addressing communication and relationship difficulties, mood and anxiety disorders, family of origin issues and LGBT issues

United Family Services, Counseling & Education Division, Huntersville, NC, Counselor, July 2005 – June 2006

- Provided solution-focused brief therapy to individuals and couples
- Served as a provider to Employee Assistance Program clients

Metrolina AIDS Project (MAP), Charlotte, NC, Therapist, August 2001-August 2003 (F/T), August 2003 - May 2004 (P/T), May – December 2004 (P/T Contractor)

- Provided supportive & solution-focused brief therapy to individuals and couples infected with and/or affected by HIV/AIDS, and assessed needs of populations served to develop and expand MAP programs
- Facilitated weekly Positive Gay Men’s Support Groups
- Served as Field Instructor for UNC-Charlotte and UNC-Chapel Hill MSW student interns
- Provided clinical supervision towards licensure to MSW therapist

Pathways, Gaston Counseling Center, Gastonia, NC, Mental Health Clinician II, May 2000–July 2001

- Provided outpatient therapy to individuals, couples and families
- Trained in Dialectical Behavior Therapy (DBT) and participated in the planning phase for offering DBT groups

Columbia/HCA Centennial Medical Center, Parthenon Pavilion, Adult Psychiatric Services, Nashville, TN, Clinical Social Worker, March 1999–May 2000

- Conducted psychosocial assessments of patients admitted inpatient to the Adult Psychiatric Services (APS) unit
- Provided individual, family, and milieu therapy to APS patients
- Facilitated various therapy and psychoeducational groups, as well as a weekly Patient-Family Workshop

Centerstone Community Mental Health Center, Dede Wallace Center, Children & Youth Services, Nashville, TN, Clinical Therapist, August 1998–March 1999

- Provided outpatient therapy to underserved and inner-city children, adolescents and families

Kaiser Permanente, Dept of Psychiatry & Addiction Medicine, El Cajon, CA, Psychosocial Clinician I, July 1997 – July 1998

- Provided solution-focused brief therapy to adults, children, couples and families
- Taught an Assertiveness Training course for adults, and co-facilitated the Women’s Support Group, Young Adult Therapy Group and Adolescent Girls Therapy Group

San Diego Armed Services YMCA, San Diego, CA, Family Outreach Social Worker, June 1996–July 1997

- Provided home-visit counseling and case management services to active-duty military and their families
- Led a support group for adolescent girls, focused on self-esteem, assertiveness and coping skills

Isis Center, Vista Hill Community Treatment Systems, San Diego, CA, Residential Counselor, May 1995–June 1996 (P/T), MSW Intern, October 1994–May 1995

- Worked with SPMI adults in an acute care residential treatment program, conducting psychosocial evaluations, managing crisis calls, facilitating group counseling sessions & milieu activities, providing individual counseling and skills training.
- Collaborated with psychiatrists, other team counselors and family members to meet the counseling and discharge planning needs of clients.

Kaiser Permanente, Department of Psychiatry and Addiction Medicine, San Diego, CA, MSW Intern, Aug 1995–May 1996

- Provided outpatient therapy to adults, children, couples and families
- Cofacilitated the Adolescent Girls Group and the Separation & Divorce Support Group

BIBLIOGRAPHY

“Anger, Anxiety and the Importance of Shame Resilience Skills,” Workshop Presenter, 2019 Women's Health Symposium, Greensboro, NC. 12 August 2019.

“Courage In Our Vulnerability: Daring Greatly,” Livestream Workshop Presenter, 2020 Parkinsons Foundation Virtual Centers of Excellence Coordinators Day, Chapel Hill, NC. 13 November, 2020.

“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.

“Healing Developmental Trauma: Transforming Developmental Trauma's Impact on Emotion Regulation and Connection,” Workshop Presenter

- Eastern AHEC – 20 May 2024 (scheduled webinar), 20 May 2022 (livestream webinar), Cherry Point MCAS
- Charlotte AHEC – 28 October 2022 (livestream webinar), Charlotte, NC
- Wake AHEC – 29 October 2021 (livestream webinar), Raleigh, NC
- Southeast AHEC – 27 March 2020, Wilmington, NC
- UNC Chapel Hill, School of Social Work - Clinical Lecture Institute – 20 April 2018, Chapel Hill, NC

“Introduction to Somatic Psychotherapy,” Workshop Presenter

- Eastern AHEC – 26 April 2024 (scheduled in-person training), Fayetteville, NC

“Taming the Flames: Helping Clients Recognize, Understand and Move Beyond Anger,” Workshop Presenter

- PeeDee AHEC – 22 November 2024 (scheduled webinar); 29 September 2023 (livestream webinar), Florence, SC
- Southern Regional AHEC – 19 May 2023 (livestream webinar); 11 March 2016; 10 May 2013, Fayetteville, NC
- Eastern AHEC, Cherry Point MCAS – 03 March 2023 (livestream webinar)
- Greensboro AHEC – 12 March 2021 (live webcast); 6 June 2019, Greensboro, NC
- Eastern AHEC – 04 June 2020 (livestream webinar); 12 March 2015; 14 December 2012, Greenville, NC
- Safe Alliance™ – 4 August 2016, Charlotte, NC
- Charlotte Area AHEC – 3 June 2016; 13 October 2014; 08 March 2013, Charlotte, NC
- South East AHEC – 05 November 2021, (livestream webinar); 08 February 2013, Wilmington, NC

“Transforming Developmental Trauma's Impact on Emotion Regulation & Intimacy,” Workshop Presenter

- 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

“Trauma and Recovery for Adults,” Workshop Presenter

- Wake County AHEC – 7 June 2024 (scheduled webinar); 15 November 2019, Raleigh, NC
- Charlotte Area AHEC – 24 February 2022 (livestream webinar); 26 September 2012, Charlotte, NC
- Pee Dee AHEC – 20 November 2020 (livestream webinar), Florence, SC
- Mountain AHEC – 11 June 2020 (livestream webinar); 13 July 2012, Asheville, NC
- Northwest AHEC – 13 October 2017, Winston-Salem, NC
- Southern Regional AHEC – 4 November 2016; 30 November 2012, Fayetteville, NC

- Eastern AHEC – 19 May 2016, Greenville, NC
- Southeast AHEC – 28 May 2015, Wilmington, NC
- Greensboro AHEC – 16 September 2011, Greensboro, NC

“Promoting Resilience in Adult Female Survivors of Childhood Sexual Abuse,” Workshop Presenter

- 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

“Mindful Parenting,” Lecture Series Presenter for La Leche League PM Group, Durham, NC. 17 November 2008.

“HIV Support Groups – Telling Our Stories,” Workshop Presenter, HIV/AIDS Health Fair 2002, Charlotte, NC. 19 October 2002.

“The Process of Disclosure,” Presenter, Positive Connections - Friends and Family Learning Series, Charlotte, NC. 29 August 2002.

“No More Drama: A guide to healthy relationships,” Workshop Presenter, 8th Annual NANDI Women’s Wellness Conference, Charlotte, NC. 20 April 2002.

Gotelli, Kate (October 2008). **Shell Seeking: An Analogy for Living Life Mindfully**, *Natural Awakenings (Triangle Edition)*, p. 24.

VOLUNTEER EXPERIENCE

YMCA Family Stress Counseling Services, Sexual Abuse Family Education (SAFE) Paths Program, Chula Vista, CA, Group Therapy Co-Facilitator, July – December 1996

Union County Rape Crisis Center, Westfield, NJ, Rape Crisis Worker, September 1993– August 1994

EXPLANATION OF GAPS IN EMPLOYMENT

July 2006 – February 2007: Relocated to the Triangle for partner’s job; ISO employment while caring F/T for my children
December 2004 – July 2005: Unemployed after contract at MAP ended & in search of employment while caring for my child