

Emily F. Sanders, LPC

Psychotherapist

Brickel and Associates, LLC

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LICENSES/CERTIFICATIONS

- Commonwealth of Virginia: Licensed Professional Counselor (License No. 0701006550)
- Maryland: State Licensed Clinical Professional Counselor (License No. LC5175)
- Dialectical Behavior Therapy Certification, April 2017

CLINICAL EXPERIENCE

Therapist
Brickel & Associates, LLC
Alexandria, Virginia
2017

Program Director
Center for Discovery
Alexandria, Virginia
2016-2017

Clinical Team Leader
The Renfrew Center
Baltimore, Maryland
2015-2016

Therapist
The Renfrew Center
Baltimore, Maryland
2014-2015

Therapist
Sexual Assault/Spouse Abuse Resource Center (SARC)
Bel Air, Maryland
2010-2014

EDUCATION

Master of Clinical Psychology
Loyola College in Maryland, 2009

Bachelor of Science, Psychology
Pennsylvania State University, 2007

ADDITIONAL PROFESSIONAL TRAINING

2-Day: Dialectical Behavior Therapy (DBT) Certificate Course; 2-Day Intensive Training,
John E. Lothes, Fairfax, VA, April 2017

Vulnerability and Courage in Psychotherapy, Psychotherapy Networker, Brene Brown,
Washington D. C., March 2017

Rising Strong, Psychotherapy Networker, Brene Brown, Washington D. C., March 2017

Enhancing Neuroplasticity in the Brain, Psychotherapy Networker, Linda Graham,
Washington D. C., March 2017

Mindfulness and Ethics: A Mindful Approach to Ethics for Mental Health Professionals,
Miranda Morris and Staci Martin, Rochville, MD, December 2016

It's Complicated: Eating Disorders in the Age of Social Media, Nancy Zucker, NEDA
Conference, Chicago, IL, September 2016

Advances in the Treatment of Binge Eating Disorder, Ann Kearney-Cooke, NEDA
Conference, Chicago, IL, September 2016

*"You Want Me To Do What?!": Why We Need Exposure and Response Prevention as a
Vital Component of Addressing Fear in Eating Disorder Treatment*, Norman Kim, NEDA
Conference, Chicago, IL, September 2016

*Accelerating Progress in Eating Disorders Prevention: A Call for Policy Translation
Research and Training*, S. Bryn Austin, NEDA Conference, Chicago, IL, September
2016

Culturally Sensitive Treatment for Eating Disorders: Considerations Across Diverse Populations, Mae Lynn Reyes-Rodriguez, NEDA Conference, Chicago, IL, September 2016

Implementing Cognitive Remediation Therapy for Anorexia Nervosa in a Clinical Setting: How To Apply CRT in Efficient, Practical, and Resourceful Ways, Laura Sproch and Kim Anderson, NEDA Conference, Chicago, IL, September 2016

The Body Keeps the Score: Taming the Fear-Driven Brain, Bessel Van der Kolk, The Renfrew Center Foundation Conference, November 2015

Is it The Fat or The Fear?, David Barlow and Heather Thompson-Brenner, The Renfrew Center Foundation Conference, November 2015

Neurobiology of Trauma and Attachment, Bessel Van der Kolk, video conference, March 2014

Trauma Focused Cognitive Behavioral Therapy 2-Day Training, New York, NY, 2013

Sand Therapy 2-day Intensive Training, Eliana Gil, Gil Institute, September 2013