

Robyn E. Brickel, M.A., LMFT

Clinical Director/Psychotherapist

Robyn E. Brickel, M.A., LMFT, LLC

D/B/A

Brickel and Associates, LLC

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LICENSES/CERTIFICATIONS

Commonwealth of Virginia: Licensed Marriage and Family Therapist (License No. 0717000983)

Connecticut: State Licensed Marriage and Family Therapist (License No. 000839)

Advanced Trauma Treatment Certification, Advanced Institute of Psychotherapy Training and Education, Inc., (now Ferentz Institute) January, 2009

EMDRIA Certified Therapist

EMDRIA Approved Consultant, January 2020

Sensorimotor Psychotherapy Training for the Treatment of Trauma Level I, 2011 and Treatment of Developmental, Attachment and Trauma Training, Level II, 2012/2013

Maternal Mental Health Certification, Postpartum Support International and 2020 Mom Project, May 2015

Postpartum Stress Center Post Graduate Training Program, December 2015

Certified Clinical Trauma Professional – Level II C-PTSD, February 2019

Virginia Board Approved Supervisor for LPC and LMFT residents

MEMBERSHIPS AND ASSOCIATIONS

Clinical Fellow Member of the American Association of Marriage and Family Therapy (AAMFT)

Member of Virginia Association of Marriage and Family Therapy (VAMFT)

Associate Member of the Mid-Atlantic Association of Imago Therapist (MAIT)

Member of The American Psychological Association Division 56: Trauma Psychology (APA)

Full Member of the Eye Movement Desensitization and Reprocessing International Association (EMDRIA)

Member of The Society for the Advancement of Sexual Health (SASH)

Full Member of the International Society for the Study of Trauma and Dissociation (ISSTD)

Lifetime Member of International Centre for Excellence in Emotionally Focused Therapy (ICEEFT)

Professional Member of the National Association for Addiction Professionals (NAADAC)

Clinical Member of Postpartum Support International (PSI)

Clinical Member of International Association of Eating Disorder Professionals (IAEDP)

CLINICAL EXPERIENCE

Private Practice Therapist/Clinical Director of Practice

Robyn E. Brickel, M.A., LMFT, LLC D/B/A Brickel and Associates, LLC

Alexandria, Virginia

1999 - Present

Therapist

Family Therapy Center of Old Town

Alexandria, Virginia

1999 – 2003

Contract Therapist

Montgomery General Hospital, Colesville Center

Silver Spring, Maryland

2000-2001

Hospital Privileged Therapist

Dominion Hospital

Falls Church, Virginia

2000 – 2002

Clinical Supervisor/Senior Therapist

Family Trauma Services

Landover, Maryland

1999 – 2000

Staff Therapist

Women's Counseling Center

Danbury, Connecticut

1998-1999

Coordinator of Adolescent Services and Addictions/Mental Health Therapist

Cornerstone Continuous Care

Middlebury, Connecticut

1997 – 1999

Substance Abuse Counselor

APT Foundation/Alpha House

Newtown, Connecticut

March 1998 – June 1998

Youth and Family Counselor Intern

Danbury Youth Services

Danbury, Connecticut

1996 – 1997

Project Director, "One-on-One" Mentoring

Danbury Youth Services

Danbury, Connecticut

May 1997 – December 1997

Volunteer Counselor for At-Risk Children

Whisconier Middle School

Brookfield, Connecticut

March 1996- June 1996

PRESENTATIONS/SPEAKING ENGAGEMENTS/JOINT VENTURES

Brickel, R.; When a trauma survivor has a baby: How to work with trauma survivors through the perinatal period, The Ferentz Institute; Baltimore, MD; June 2020

Brickel, R. and Marlow, LY, Between Us: Understanding Partner Violence and Its Impact on Youth; INOVA Fair Oaks Campus; Fairfax, VA; December 2019

Brickel, R.; Master Class: Treating Trauma in the Perinatal Period, The Ferentz Institute; Baltimore, MD; October 2019

Brickel, R.; Master Class: Treating Trauma in the Perinatal Period, The Jewish Family and Children Services, Waltham, MA; August 2019

Brickel, R.; Master Class: Treating Post-Partum Mood Disorders Through a Trauma Lens, The Ferentz Institute; Baltimore, MD; October 2018

Brickel, R.; Treating Postpartum Depression from a Trauma-Informed Perspective, The Ferentz Institute; Baltimore, MD; October 2017

Brickel, R.; Health & Wellness Summit Participant at Walter Johnson High School, Bethesda, MD; March, 2017

Brickel, R.; *Understanding and Treating Trauma:2-day Training*; Every Mind Association; Rockville, MD; February 17th and 24th, 2017

Brickel, R.; *Trauma RoundTable: Adding to Your Trauma Toolbox*; Middle Atlantic Division – AAMFT; College Park, MD; November 4, 2016

Brickel, R. & Tordella, D.; *Making the Connection: An Integrated Approach for the Treatment of Adolescent and Adult Substance Abuse and Trauma*; The Institute for Advanced Psychotherapy, Training & Education, Inc.; Baltimore, MD; October, 2016

Brickel, R. & Tordella, D.; *Understanding and Treating the Impact of Trauma, Domestic Violence and Substance Abuse in Adolescents and Young Adults*; Virginia Department of Behavioral Health Services; Richmond, VA; April 2016

Brickel, R.; *Understanding Trauma Informed Care*; Carpenter Shelter; Alexandria, VA; April, 2016

Brickel, R.; *Working with Adolescents and Substance Abuse from a Trauma Informed Strengths Based Systems Model*; Jonah Green and Associates, LLC; Kensington, MD; December 2015
Postpartum Depression Assessment, Treatment, and Advanced Clinical Practice; Post Partum Stress Center; Rosemont, PA; December 2015

Brickel, R. & Tordella, D.; *Making the Connection: An Integrated Approach for the Treatment of Adolescent and Adult Substance Abuse and Trauma*; The Institute for Advanced Psychotherapy, Training & Education, Inc.; Baltimore, MD; October, 2015

Brickel, R.; *Understanding and Treating the Impact of Trauma, Domestic Violence, and Substance Abuse on Adolescents*; The Institute for Advanced Psychotherapy, Training & Education, Inc.; Baltimore, MD; June, 2015

Brickel, R.; Health & Wellness Summit Participant at Walter Johnson High School, Bethesda, MD; February, 2015

Brickel, R. & Tordella, D.; *Working with Adolescents & Their Families: A Collaborative Approach to Treating Substance Abuse*; The Institute for Advanced Psychotherapy, Training & Education, Inc.; Baltimore, MD; October, 2014

Brickel, R.; Mental Health/Therapeutic Consultant to Saving Promise

EDUCATION

Masters of Arts, Marriage and Family Therapy
Fairfield University, December, 1997

Bachelor of Arts, Political Science
Western Connecticut State University, December, 1993

ADDITIONAL PROFESSIONAL TRAINING

Clinical Supervision: Confidently Address Difficult Issues and Build a Foundation for Success; Lois Ehrmann, Webinar Training, August 2020

Clinical Supervision: Proven Tools and Techniques for Success; Robert Taibbi, LCSW; Webinar Training, August 2020

Ethical and Legal Issues in Clinical Supervision: Essentials for Effective Supervisors; Jeffrey E. Barnett, Psy. D, ABPP; Webinar Training, August 2020

The Healing Power of Self on a Journey of Self Compassion; Richard Schwartz, PhD.; Webinar training, July 23, 2020

7th Annual Jefferson Infertility Counseling Conference: When It Takes More than Two To Make A Baby; Virtual training, May 27 – 28, 2020

Trauma Therapy Innovations: Intensive Trauma-focused therapy & the Flash Technique; Ricky Greenwald, Psy.D., Webinar, April 10, 2020

Trauma and Eating Disorders: How to Navigate the Nuances of Food and Fight, Flight or Freeze; IAEDP, Arlington, VA, March 6, 2020

Trauma Informed Practice for Imago Therapists; Maureen McEvoy, MA, RCC, Webinar, February 2020

The Slippery slope of Clinical Practice: Ethical Considerations in the Client-Therapist Relationship, Lisa Ferentz, LCSW, Safe Community Coalition, McLean, VA, February 10, 2020

The Flash Technique: Making intense trauma memories more accessible for EMDR Processing: Memory Reconsolidation, the Flash Technique and EMDR, Webinar, Philip Manfield, Ph.D.

International Symposium on the Fetal Brain, Washington, DC, November 21 – 22, 2019

EMDR in the Treatment of Chemical and Behavioral Addictions, Hope Payson, LCSW and Kate Becker, LCSW, RYT, Sterling, VA, October 19 – 20, 2019

PPSC Master Class, Karen Kleiman, MSW, LCSW, Blue Bell, PA, April 26 – 27, 2019

Belonging, The opposite of Fitting In – Gender in Action, Beck Gee-Cohen, M.A., LADC, Silver Spring, MD, April 16, 2019

Helping Families Help Themselves: A Professional Training in the Invitation to Change Approach (CRAFT and ACT), Dr. Jeffrey Foote and Dr. Kenneth Carpenter, Arlington, VA, March 29, 2019

Brave New Future for Love and Couplehood, Susan Johnson, Ed.D., Psychotherapy Networker, Washington, DC, March 22, 2019

The World of Adolescent Girls Today, Mary Pipher, Ph.D. and Sara Gilliam, Psychotherapy Networker, Washington, DC, March 22, 2019

The Future of Trauma Treatment, Bessel van der Kolk, MD, Psychotherapy Networker, Washington, DC, March 21, 2019

Therapy with a Bio-psycho-social Perspective on Mental and Physical Illness Parts 1 & 2, Gabor Mate, MD, Psychotherapy Networker, Washington, DC, March 21, 2019

Come As You Are, Emily Nagoski, Ph.D., Washington, DC, October 19, 2018

Sex Addiction Therapy 101: Sex, Tech, and Addiction, Rob Weiss, MSW, Ph.D., Aquila Recovery, Washington, DC, October 11, 2018

Feeding Our Warrior Daughters: Balancing Development Needs and Empowerment in Adolescent Treatment, Amanda Mellowspring, MS, RD/N, CEDRD-S, Clementine Adolescent Treatment Program, McLean, VA, September 21, 2018

Attachment-Focused EMDR Workshop: Healing Relational Trauma, Laurel Parnell, Ph.D., Online, August 17, 2018

Attachment Implications in the Treatment of Addiction, Jim Thomas, LMFT, Washington Baltimore Center for EFT, Falls Church, VA, June 8, 2018

Social Media & Electronic Technology: What Are the Ethical Issues?, Mary Alice Fisher Ph.D., Center for Ethical Practice, Fairfax, VA, March 31, 2018

Ethical Implications of Clinical Practice Under Virginia's Laws, Mary Alice Fisher Ph.D., Center for Ethical Practice, Fairfax, VA, March 31, 2018

The Missing Peace: Men and Trauma, Dan Griffin, MA, Meridien Behavioral Health, Annapolis, MD, March 16, 2018

Connecting Highly Reactive Couples, Jette Simon, Ph.D., MAIT, McLean, VA, January 26, 2018

Breaking Free: The Treatment of Eating Disorders and Trauma, The Renfrew Center, Bethesda, MD, December 1, 2017

Mindful Self-Compassion Core Skills Workshop, Kristin Neff, Ph.D. and Chris Germer, Ph.D., Washington, DC, October 6 & 7, 2017

Ethical Issues in Fertility and Adoption, Barker Adoption Foundation and Covington Hafkin & Associates, Bethesda, MD, June 9, 2017

Stage 2 Change Events: An EFT Special Topics Training, Kathryn Rheem, Ed.D., and Marlene Best, Ph.D., Falls Church, VA, June 16 & 17, 2017

Trauma Frozen in Time: The Online Sexual Exploitation of Children and Adolescents, Joyanna Silberg, Ph.D., Towson, MD, April 28, 2017

Adult Children of Alcoholics: Overcoming Relational Trauma, Ann Smith, MS, LMFT and Caron Treatment Center, Bethesda, MD., April 14, 2017

The Challenge of Treating Complex PTSD, Mary Jo Barrett, MSW and Linda Stone Fish, MSW, Ph.D., Psychotherapy Networker, Washington, DC, March 2017

Unresolved Attachment Trauma is the Problem, Diane Poole Heller, Ph.D., Psychotherapy Networker, Washington, DC, March 2017

Shame and the Disowned Self, Janina Fisher, Ph.D., Psychotherapy Networker, Washington, DC, March 2017

EMDR Toolbox: AIP Methods for Treating Complex PTSD and Dissociative Personality Structure, Jim Knipe, Ph.D., Vienna, VA, November 12 & 13, 2016

Emerging from the Heart of Darkness, Belleruth Naparstek, McLean, VA, October 20, 2016

Perinatal Mental Health Training, The Maternal Mental Health Program at Mary's Center, Washington, DC, May 2016

Trauma, Attachment, and the Need for Affect Regulation in Couples Work, Lisa Ferentz, LCSW-C, DAPA hosted by MAIT, Bethesda, MD, March 13, 2016

Post Partum Stress Center Advanced Training for Postpartum Depression and Mood Disorders, Karen Kleiman, MSW, LCSW, Rosemont, PA, December 2015

Master Class Case Consultations: Complex Trauma, Lisa Ferentz, LCSW, Towson, MD, September, 2015

The Long and Short of It: EMDR in the Treatment of Acute and Complex; Nancy Newport, LPC, LMFT and Tracy Ryan Kidd, LCSW; Webinar; July, 2015

Brainspotting, David Grand, Ph.D., Psychotherapy Networker, Washington, DC, March 2015

The Healing Self in Internal Family Systems, Richard Schwartz, Ph.D., Psychotherapy Networker, Washington, DC, March 2015

What Really Works in Couples Therapy, John Gottman, Ph.D. and Julie Gottman, Ph.D., Psychotherapy Networker, Washington, DC, March 2015

Long Ago and Far Away: /New Approaches to Treating Traumatic Memory, Janina Fisher, Ph.D., Psychotherapy Networker, Washington, DC, March 2015

Managing the Medusa: The Neurobiology of Addiction, Intervention, and Recovery, NAADAC webinar, February 2015

Sex Made Simple: Clinical Strategies for Sexual Issues in Therapy Seminar, Barry McCarthy, Ph.D., Ellicott City, MD, February 2015

Maternal Mental Health Certificate Training, Postpartum Support International and 2020 Mom Project, Webinar Series, February 2015 – May 2015

Overcoming Shame & Self-Loathing in the Treatment of Trauma, Janina Fisher, Ph.D., Webinar, 2014

Advanced Topics in Theory, Clinical Practice, and the Therapeutic Relationship, Janina Fisher, Ph.D., Webinar Level IV, 2014/2015

How Successful is My Professional Acculturation, The Center for Ethical Practice, Inc., Fairfax, VA, June 13, 2014

6 Temptations, The Center for Ethical Practice, Inc., Fairfax, VA, April 4, 2014

Innovations in Trauma Therapy Conference 2014, Webinar sponsored by The Steve Frankel Group, LLC, January, 2014

Psychobiological Approach to Couple Therapy (PACT) Level 1, Stan Tatkin, Psy.D., Washington, DC, 2014

Undoing Aloneness: The Transformation of Emotional Suffering, Diana Fosha, Ph.D., Washington, DC, November, 2, 2013

Sierra Tucson Trauma & Addiction Treatment Professional Weekend, Tucson, AZ, October, 2013

Understanding Addiction Interaction, Treatment and Recovery, Patrick Carnes, Ph.D., Bethesda, MD, September 6, 2013

Stabilization: Navigating Developmental Repair with Relational and Regulatory Interventions in Phase 1 and Beyond, Kathy Steele, M.N., C.S., International Society for the Study of Trauma and Dissociation (ISSTD), Baltimore, MD, November, 2013

Master Class Case Consultations: Adolescent and Adult Complex Trauma, Lisa Ferentz, LCSW, Towson, MD, November, 2013

Understanding Addiction Interaction, Treatment and Recovery, Patrick Carnes, Ph.D., Bethesda, MD, September, 2013

DSM-5 Introduction for MFT's, AAMFT Webinar, June 21, 2013

Working with Trauma-related Dissociation and Complexity, Janina Fisher, Ph.D., Webinar, 2013/2014

Psychobiological Approach to Couple Therapy, 2 day introduction (PACT), Stan Tatkin, Psy.D., Bethesda, MD, May, 2013

Reflections in Clinical Practice & Clinical Research in Traumatic Stress, International Society for the Study of Trauma and Dissociation (ISSTD) Baltimore, MD, April, 2013

Treating Anxiety & OCD, Susan Osofsky, LCSW, Psychotherapy Networker, Washington, DC, March, 2013

Practical Interventions for Traumatized & Dissociative Children/Child Parts, Joyanna Silberg, Ph.D., Pikesville, MD, March, 2013

Emotionally Focused Therapy (EFT) Core Skills, Kathryn Rheem, Ed.D, LMFT, Falls Church, VA, March, April, June, 2013

Principles and Challenges of Trauma Treatment, Janina Fisher, Ph.D., Webinar, 2012/2013

Emotionally Focused Therapy (EFT) Externship, Kathryn Rheem, Ed.D., LMFT and Ann Marie Early, Ph.D., Falls Church, VA, September, 2012

Master Class Consultations: Working with Trauma, Lisa Ferentz, LCSW, Towson, MD, April, May, October, and December, 2012.

Sensorimotor Psychotherapy Level Two Training: Treatment of Developmental, Attachment and Trauma Training, Sensorimotor Psychotherapy Institute, Washington, DC, Spring/Summer/Fall/Winter 2012 – Winter/Spring/Summer 2013

Internal Attachment Disorder, Janina Fisher, Ph.D., Washington, DC, March, 2012

The Listening Cure, Jette Simon, Washington, DC, December, 2011

Advanced Clinical Consultation for DID (Dissociative Identity Disorder), Lisa Ferentz, LCSW, Towson, MD, December, 2011

Working with the Neurobiological Legacy of Trauma, Janina Fisher, Ph.D., Webinar, 2011/2012

Making Them Whole Through the Sum of Their Parts: Decreasing Resistance and Promoting Healing Through Inner Child and Parts Work, Lisa Ferentz, Towson, MD, May, 2011

Learning Through Videotapes – Imago Couples Therapy, Gail Guttman, LCSW, Washington, DC, May, 2011

The Power of Neuroplasticity: Practices for Retraining the Nervous System, Janina Fisher, Ph.D., Washington, DC, March, 2011

Sensorimotor Psychotherapy Level One Training for the Treatment of Trauma, Sensorimotor Psychotherapy Institute, Washington, DC, Winter/Spring/Summer 2011

The Therapist as the Neurobiological Regulator, Janina Fisher, Ph.D., Washington, DC, March, 2010

Imago Relationship Therapy Level I Training, Jette Simon, Washington, DC, March, 2010

Somatic Interventions for Enhancing EMDR Effectiveness, Janina Fisher, Ph.D., Bethesda, MD, November, 2009

Ethics, Lisa Ferentz, L.S.C.W., Towson, MD, January, 2009

Trauma and the Therapeutic Alliance: Understanding Traumatic Transference, Lisa Ferentz, LCSW, Towson, MD, December, 2008

The Pharmacological and Non-Pharmacological Treatment of Anxiety and Depression in Trauma Survivors, Lisa Ferentz, LCSW, and Kevin S. Ferentz, M.D., Towson, MD, November, 2008

Creatively and Effectively Treating Trauma, Lisa Ferentz, LCSW, Towson, MD, November, 2008

Understanding Trauma and its Reverberating Effects, Lisa Ferentz, LCSW, Towson, MD, September, 2008

What Every Health Care Professional Needs to Know About Certain Antidepressants: Prescription and Natural, Nancy Tice, D.O., Washington, DC, May, 2007

Sexual Health – State of the Art Series, Northwestern University Feinberg School of Medicine, Chicago, IL, September, 2006

Perceived Roadblocks and Potential Growth Edges in Couples Therapy, American Counseling Association (ACA), Washington, DC, January, 2006

Transforming the Self Through Ego State Therapy, Mark Lawrence, M.D., McLean, VA, December, 2005

Body to Die For: Advanced Training in the Treatment of Eating Disorders and Body-Image Disturbance in Women, Adrienne Ressler, LCSW, Renfrew Center, Washington, DC, April, 2004

Creating a Culture of Healthy Sexuality: Innovations and Integrations, Society for the Advancement of Sexual Health (SASH), Washington, DC, October, 2004

Professional Eating Disorder Education Program, Remuda Ranch, Wickenburg, AZ, February, 2004

National Adolescent Conference, Ben Franklin Institute, Baltimore, MD, March, 2003

From Shame to Self Esteem, Gail Guttman, LCSW, and Gwen E. Pearl, LCSW, Rockville, MD, March, 2003

Understanding Depression, Andrew Meisler, Columbia, MD, March, 2003

High Conflict Divorces, Specialized Training Services, San Diego, CA, October, 2002

EMDR Level II, William Zangwill, Bethesda, MD, November, 2001

New Developments in the Pharmacological Treatment of Conduct Disorder in Children, Institute for Continuing Healthcare Education, Bethesda, MD, May, 2001

EMDR Level I, Steve Silver, Bethesda, MD, April, 2001

After the Affair: Helping Couples Rebuild Trust and Sexual Intimacy, and Consider Forgiveness, Janis Abrams Spring, Washington, DC, September, 2000

Controlling Aggression in the Community Services Setting, Allan Wickerty, Cheverly, MD, May, 2000

Psychiatric Grand Rounds, Lawrence Kline, M.D., Suburban Hospital, Bethesda, MD, October, 1999

The Compassion Workshop: Treatment for Spouse and Child Abusers, Steven Stosny, Rhinebeck, NY, May, 1999

Depression in Childhood and Adolescence, David Gary Fassler, Karen Fredericks, Glenn Liebman, Ginny Wood, Katonah, NY, October, 1998

Drugs of Abuse: Current Trends, Adults and Adolescents, Steven Viani, Connecticut, June, 1998

Counselor Ethics, Steven Viani, Connecticut, June, 1998