

# **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 and EMDRIA Approved Consultant

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 17<sup>th</sup> and 24<sup>th</sup>, 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**

*ACT (Acceptance and Commitment Therapy) Masterclass; Miranda Morris, Ph.D., Live Virtual, September – October 2020*

*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