

Emily F. Sanders, LPC
Psychotherapist

Brickel and Associates, LLC

300 North Washington Street, Suite #500
Alexandria, Virginia 22314
Office: (703)518-8883
EmilySanders@robynbrickel.com

LICENSES/CERTIFICATIONS

Commonwealth of Virginia: Licensed Professional Counselor (License No. 0701006550)

Maryland: State Licensed Clinical Professional Counselor (License No. LC5175)

EMDR Level 1 Training - December 2021

Advanced Trauma Treatment - Level 1 Certificate, June 2019

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

Intersections of Substance Use and Trauma Among Veterans, Steve Carleton, LCSW, CAS, June 19, 2023

"What Should I Do?" - Ethical Risks, Making Decisions, and Taking Action, Gerald P. Koocher, Ph.D., ABPP and Patricia Keith-Spiegel, Ph.D., May 18, 2023

Calming the Inner Critic: Working with Punitive Introject, Ego States, and Dissociative Parts, Kathy Steele MN, CS, APRN, April 29, 2023

2023 Healing Together Conference, February 18th, 2023

Identifying the Intersection between Trauma and Addiction, Paula Merucci LCSW, CADAC, February 15, 2023

Assessment and Treatment of Dissociative Identity Disorder (DID); A Clinician's Guide, Dr. Colin Ross, MD, October 1, 2022

Beginning and Endings in Therapy: Avoiding Some of the Ethical Pitfalls, The Center for Ethical Practice, Mary Alice Fisher, Ph.D., May 26, 2022

Trauma Informed Couples Therapy, The Ferentz Institute, Robyn Brickel, LMFT, December 13, 2021

Ethics and Boundary Issues, William A. Cook, Ph.D, July 17, 2021

EMDR Virtual Training: Integrating EMDR Into your Practice, Part 2, Carole Lovell, Psy. D., LCSW, December 4-6, 2020

EMDR Virtual Training: Integrating EMDR Into your Practice, Part 1, Carole Lovell, Psy. D., LCSW, October 23-25, 2020

Telehealth for Mental Health Professionals: 2 Day Distance Therapy Training, Joni Gilbertson, MA, NCC, LCPC, LMHC, BCTMH, CTMH, August 2020

The Ethics of Self-Care: Where the Personal is the Professional, John C. Norcross, PH.D., ABPP and Gary R. VandenBox, Ph.D., ABPP, May 2020

Gender Outside of the Box: Cultivating Self-Acceptance and Confidence for Children and Teens on a Gender Journey, Elana Premak Sandler, August 2019

Certificate in Advanced Trauma Treatment - Level 1, Lisa Ferentz, June 2019

Belonging, The Opposite of Fitting In - Gender in Action, Beck Gee-Cohen, April 2019

Maternal Mental Health Professional Certificate Training, Joy Burkhard and Wendy Davis, September-December 2018

Master Class: Treating Post-Partum Mood Disorders Through a Trauma Lens, The Ferenz Institute, Robyn Brickel, October 2018

Impasses and Challenges in EFT, Rebecca Jorgensen, August 2018

EFT Stage 2-3: Deepening Engagement & Consolidation, Rebecca Jorgensen, August 2018

EFT Stage 1: Reaching De-escalation, Rebecca Jorgensen, July 2018

Core Concepts and Interventions in EFT, Rebecca Jorgensen, July 2018

Working with the Neurobiological Legacy of Trauma, Level 1, Janina Fisher Ph.D., Spring 2018

The Myth of Unitary Self: A Dialogue on the Multiplicity of Mind, Daniel J. Siegel, M.D., and Richard C. Schwartz, Ph.D., June 2018

Dick Schwartz Answers Your Questions about IFS, Richard C. Schwartz, Ph.D., June 2018

Internal Family Systems Step by Step, Richard C. Schwartz, Ph.D., June 2018

Internal Family Systems Therapy (IFS): A Revolutionary and Transformative Treatment, Frank G. Anderson, MD, May 2018

The Ethics of Bearing Witness to Power Abuse and Sexual Exploitation, The Contemporary Freudian Society, Johanna M. Arenaza, PsyD and Jenifer B. Unterberg, PhD, March 2018

Sexual Addiction: Diagnostic Challenges and New Research, Stefanie Carnes, PhD, CSAT-S, March 2018

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