

Keiara Gallodoro - Bio

Education: Keiara studied psychology and minored in gender studies while earning a Bachelor's in International Studies at Arcadia University in Glenside, PA . Keiara graduated with a Masters in Clinical Mental Health Counseling from Marist University in Poughkeepsie, NY.

Previous Experience: Keiara has experience facilitating group and individual counseling with adult populations including those with persistent mental illness. Keiara also has nearly a decade of experience educating children in art and wellness. Her work with children includes training in youth mental health first aid; crisis and trauma intervention; child development and children's yoga and mindfulness.

Areas of Focus: Keiara is currently exploring working with populations across the lifespan from children to older adults. Areas of focus include grief; relationships; conflict resolution; LGBTQIA+ populations; self-esteem; transitioning through life changes; anxiety; depression; emotional regulation and creative expression.

“The only person you’re destined to become is the person you decide to be.”

- *Ralph Waldo Emerson*