

## Susan Davidson Bio

Education: Susan earned her Master of Social Work degree as well as a Post-Master's Certificate in Advanced Assessment and Diagnosis, both from NYU. She also completed 4 years practitioner training plus one year of advanced study at the Institute of Core Energetics honing a body-based approach to healing and wellness. Susan also holds bachelor and masters degrees in music education and performance from Ball State University and Ithaca College and completed a 26-year career in the US Army.

Previous Experience: Susan worked for a combined four years with people with substance use disorders in OASAS-certified clinics. She maintains a small practice as an Advanced Certified Core Energetics Practitioner working with a variety of conditions including trauma, depression, and anxiety. She is heavily influenced by many years of personal and couples work and trainings at the Shalom Mountain Retreat and Study Center which is grounded in a variety of disciplines and methods including Gestalt, psychodrama, mythology, Core Energetics, energy-awareness, and somatic-based trauma healing. Susan volunteered for many years with a local ambulance corps and fire department and is just returning to this endeavor.

Area of Focus: Susan's priority is to create a brave space where "all of you is welcome here." Her overall approach is psychodynamic and humanistic in nature and she utilizes a variety of techniques taken from somatic-based and experimental (Gestalt) practices, mindfulness, and parts work from a Schema Therapy perspective.