

Cristina George, MHC-LP, SEP

Education: Cristina George, MHC-LP, SEP, received her MSED Clinical Mental Health Counseling certification at St. Bonaventure University and her BS Biology/ Education degree at State University of New York at New Paltz. She is a Certified Somatic Experiencing® Practitioner (SEP) and a Certified Yoga & Prenatal Yoga Instructor, RYT-200.

Experience:

Over the past two decades, Cristina (she/her/hers)-a lifelong resident of the Hudson Valley, has supported community mental health through meditation, mindfulness, and trauma-informed yoga classes. She has worked with diverse populations in individual and group settings. Cristina is passionate about learning science-based techniques to improve quality of life and help clients uncover the roots of their suffering. This has led her to the field of mental health counseling where she studied multiple theories and associated interventions including: cognitive, behavioral, attachment, polyvagal, somatic, multicultural, feminist, and systems. Cristina integrates these theories when collaborating with clients to develop their treatment plans. She believes flexibility and creativity spark meaningful change and insight.

As a multi-ethnic woman of color, who has raised a family as a single parent, Cristina understands how our identities intersect to shape family culture and the way we show up in our lives and relationships. She draws upon lived experience and evidence-based practice to assist her clients in clarifying and meeting their goals. She aims to create a supportive and inclusive space.

Areas of Focus:

Cristina is an integrative psychotherapist specializing in life transitions, anxiety, sexual wellness, grief and loss, trauma, and chronic pain. She works with individuals and couples, tailoring evidence-based treatments to match needs and development. Cristina is a Somatic Experiencing® Practitioner and incorporates these advanced techniques to help her clients experience their lives more fully and authentically. Cristina (she/her) individualizes evidence-based treatments to match your needs and development.