

Kathryn A. Kelley, M.A., NCC, LCPC

Post Office Box 7117

Helena, Montana 59604

(406) 227-6760, FAX: (406) 227-6790

info@kelleyinstitute.com

*"When we improve our individual lives, we become better people.
Our community, society and culture are made better as a result."*

CERTIFICATIONS AND AFFILIATIONS

National Board for Certified Counselors: NCC Certificate No. 65444

Montana Board of Social Work Examiners and Professional Counselors: 1221-LCPC

Arizona Board of Behavioral Health Examiners: LPC Certificate No. LPC-2503

EMDRIA, Certified Therapist, Member No. 4827

The Nia Technique, Certified Blue Belt Instructor No. 43315

American Counseling Association, Member No. 6086673

Order of St. Benedict, Oblate and Certified Spiritual Director

The Dr. Phil Local Resource Network

Prescott College for the Liberal Arts, Graduate Advisor

EDUCATION

Master of Arts: Counseling Psychology, Prescott College for the Liberal Arts, Prescott, AZ, 1997

Bachelor of Arts: Public Policy and Administration, Prescott College for the Liberal Arts, Prescott, AZ, 1994.

EXPERIENCE

Kelley Institute of Integrative Therapy

Founder: Begun in 2004, the Kelley Institute's mission is to integrate traditional therapy techniques with EMDR, complementary healing techniques and consciousness awareness for the relief of stress-related and somatic conditions. We offer "Healing the Habits of the Mind Audio CD Series" to extend healing opportunities to a greater number of people. www.kelleyinstitute.com

Counselor and Facilitator

Counselor in private practice: Successfully assisting clients in coping skills development and relief of distress related to: grief, complicated grief, depression, suicidal thoughts and ideation, somatic conditions, sexual assault, childhood abuse, eating disorders, trauma, PTSD, crisis intervention, anxiety disorders, obsessive-compulsive disorders, panic attacks, performance anxiety, addictions, dissociative disorders, phobias, disturbing memories, stress reduction, sexual dysfunction, relationships, sexual, physical or emotional abuse. Private practice: 1997 to present

Workshop and retreat facilitator: Seminars specifically address improving coping skills to deal with anxiety, depression, stress and grief, interweaving effective therapy disciplines and traditions. Classes in Mind/Body/Spirit/Emotions Nia body movement and healing. Retreat facilitator specializing in personal growth and development. Private practice: 1994 to present