

Sophie Bennett, LMFT

Somatic Psychotherapist

CONTACT

(415) 555-6732

sophie.bennett@email.com

San Francisco, CA

EDUCATION

Master of Science in Counseling Psychology

University of San Francisco, CA (2014)

Licensed Marriage and Family Therapist (LMFT)

State of California

Workshops & Training

- Certification in Polyvagal Theory for Trauma Healing – Somatic Experiencing Institute
- Advanced Breathwork Therapy Training – California Institute of Integral Studies

Holistic Approach & Integrative Care

- Collaborated with holistic health practitioners to integrate acupuncture and yoga into therapy plans
- Designed movement-based therapy sessions incorporating dance and expressive arts for trauma recovery

PROFESSIONAL SUMMARY

Experienced somatic psychotherapist with a holistic approach to mental health, integrating body-centered therapies with traditional psychotherapy. Over 11 years of experience helping individuals heal from trauma, chronic stress, and dissociation through movement-based interventions, breathwork, and mindfulness practices.

EXPERIENCE

Somatic Psychotherapist

2018 - Now

Golden Gate Wellness Center, San Francisco, CA

- Integrate somatic experiencing techniques with talk therapy to help clients release trauma stored in the body.
- Guide clients through body awareness exercises and mindfulness techniques to improve emotional regulation.
- Develop individualized treatment plans incorporating breathwork, grounding exercises, and movement therapy.
- Work collaboratively with yoga instructors, acupuncturists, and holistic health practitioners to support client healing.
- Educate clients on the nervous system's role in trauma responses and strategies for self-regulation.

Marriage & Family Therapist

2014 - 2018

Bay Area Integrative Counseling, Oakland, CA

- Provided trauma-focused therapy to individuals and couples, using body-based interventions to facilitate healing.
- Conducted workshops on stress management, resilience, and self-compassion using somatic techniques.
- Assisted clients in reconnecting with bodily sensations to reduce dissociation and chronic tension.
- Maintained accurate documentation and progress reports while ensuring confidentiality compliance.

SKILLS

Somatic Experiencing (SE)	★★★★★
Trauma-Informed Therapy	★★★★★
Polyvagal Theory Applications	★★★★★
Mind-Body Connection Techniques	★★★★★
Breathwork & Movement Therapy	★★★★★
EMDR Therapy	★★★★★

Stress & Anxiety Reduction



Mindfulness & Meditation Practices



Body Awareness Training



Client-Centered Therapy

