

Join us for a Virtual Continuing Education Presentation Sponsored by



Friday, May 6th - 12pm to 3pm EDT

"Somatic Therapy for Addiction and Anxiety."

Presented by Sara Kossove, LCSW, LLC, ACSW, LCADC, SEP, RYT



Sara Kossove

Sara is a Licensed Clinical Social Worker, Licensed Clinical Alcohol and Drug Counselor, and a Somatic Experiencing Practitioner. Sara obtained a Master's in Social Work from Yeshiva University, Wurzweiler School of Social Work and her Bachelor's Degree in Psychology from Rutgers University.

Sara specializes in Individual Psychotherapy, Trauma Therapy, Addiction and Clinical Supervision. Sara consults with Colleges, Universities and organizations as an instructor of Somatic Therapy. With over 20 years of clinical experience and training. Sara's scope of practice includes treating anxiety, depression, PTSD, relationship and communication issues, and other stress-related issues. Sara helps families who are battling addiction; she provides invaluable resources and education on fundamentals of addiction.

Sara was the Clinical Director of Bergen County's Halfway House for Women where she designed and implemented the best practices for the assessment and treatment of trauma. Sara also implemented a dynamic family therapy program. Sara was the Clinical Director of Bergen County's Outpatient Program for Addiction Services.

Sara was an Assessment Clinician in a private outpatient center, a grant writer for the Bergen County Office of Addiction Services and an Adjunct Instructor of Psychology at a local college. Sara loves to teach and offer an interactive, learning environment.

Sara is Certified by the New Jersey National Association of Social Work Organization (NASW) to provide clinical supervision to social workers who are in the process of obtaining clinical social work licensure in the State of New Jersey. Sara's thriving psychotherapy practice in New Jersey is her passion. Sara completed the Somatic Experiencing® Trauma Institute (SETI) Three-Year Professional Training Program in 2020. Sara completed a 200 Hour Yoga Teacher Training Program at Naturally Yoga in Glen Rock, NJ.

TO REGISTER FOR THIS ONLINE EVENT VISIT:

<https://www.eventbrite.com/e/virtual-ce-somatic-therapy-for-addiction-and-anxiety-tickets-275819422317>

Learning Objectives:

Learn to help clients negotiate anxiety and trauma, help clients reduce symptoms of anxiety and recognize trauma response in clients.

- Learn What Somatic Experiencing Is
- Learn What "Trauma Response" is
- Recognize Trauma Response in Clients
- Learn Somatic Therapy Skills
- Help Clients Negotiate Anxiety and Trauma
- Help Clients Reduce Symptoms and "Negotiate" Anxiety and Trauma leading to higher functioning

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3 CEs
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