

Loreen O'Brien, M.A., M.Ed., M.Div., LMHC

Licensed Mental Health Counselor and Online Instructor

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Overview

Licensed Therapist and Online Instructor who is passionate about helping people heal, overcome obstacles, and thrive in life; trained in EFT/Tapping, Yoga Nidra, and other mind-body approaches to wellness.

Experience

Free Soul Academy, Online Learning Platform, Creator and Coach, May 2018- Present

- Online Personal Transformation Courses, Membership Community, Individual Coaching

Wesley Chapel Counseling, Wesley Chapel, FL; Owner and Therapist 2012 - Present

- Private Practice mental health counseling specializing in Trauma, Anxiety, Depression, and Grief
- Contract therapy services for North Tampa Behavioral Health, CORE military program for PTSD, Memorial Hospital adult inpatient psychiatric unit, AbilTo Tele-Mental Health, and ALS Association FL, 2012 – 2016
- Volunteer psychosocial clinician on multidisciplinary team at University of South Florida ALS Clinic, 2012 - 2013

Clinical Chaplain

2006 - 2011

- Tampa Bay Florida: Gulfside Regional Hospice; James A. Haley Veterans Hospital; Tampa General Hospital
- New York University Medical Center Hospital, New York, NY

Public School Teacher

1992 - 2000

- Paulding County Public Schools, Dallas, GA
- 7th grade teacher at East Paulding Middle School; taught science and math; chairperson of faculty

Education

Master of Arts in Rehabilitation and Mental Health Counseling 2013
University of South Florida, Tampa, FL

Master of Divinity 2008
The General Theological Seminary of the Episcopal Church, New York, NY

Master of Education Administration and Supervision 2002
State University of West, Carrollton, GA

Bachelor of Science in Education 1992
West Georgia College, Carrollton, GA

Certifications

Licensed Mental Health Counselor, State of Florida, License # MH14676

Master Level Certified Accelerated Resolution Therapy Practitioner (ART), Certification#M1074

Certified Clinical Trauma Professional, International Association of Trauma Professionals

Certified Teacher of Divine Sleep Yoga Nidra

Additional Training

Energy Medicine: A Personal Journey to Health and Vitality, Donna Eden and David Feinstein, PhD., MindValley, 2018.

“2-Day Trauma Competency Conference: The Core Competencies and Treatment Strategies for Trauma, PTSD, Grief and Loss” Eric Gentry, Ph.D., LMHC, 12.5 hour training, PESI/Tampa, FL, 8/21-8/22/2017.

“Energy Psychology Enters the Mainstream: A Power Tool for your Practice” David Feinstein, Ph.D., 4 hour training through PESI online, March 2017.

“Somatic Trauma Treatment,” Peter Levine, Ph.D., 10 hour training with creator of Somatic Experiencing, PESI online, January 2017.

“EFT: Emotional Freedom Techniques Intensive Certification Workshop, Clinical Applications Level 1 and Level 2” 4-Day Training led by Dawson Church, PhD., Founder of the National Institute for Integrative Health which initiated the Veterans Stress Project; Editor of *Energy Psychology: Theory, Research, & Treatment*, a peer-reviewed professional journal; Researcher of EFT, see EFTuniverse.com. Training received October 25-28, 2016, Minneapolis, MN

Divine Sleep Yoga Nidra Training and Certification; Kripalu Instructor Jennifer Reiss, at Lotus Pond Tampa, Feb 2016, 40 Certification Program.

Accelerated Resolution Therapy (ART), Laney Rosenzweig, LMFT, Tampa, FL; Training held at USF Tampa July, 2015 and Master Level training in Orlando in September 2015.

“Stress and The Relaxation Response: The Fundamentals of Mind Body Medicine,” Herbert Benson, MD, John W. Denninger, MD, PhD, Gregory L. Fricchione, MD, and Sara Lazar, PhD, Massachusetts General Hospital and Harvard Medical School, Benson-Henry Institute for Mind Body Medicine, online four-week course, July 2015

“The Body Keeps the Score: Brain, Mind, and Body in the Treatment of Trauma,” Bessel A. van der Kolk, M.D., Professor of Psychiatry At Boston University Medical School and Medical Director of the Trauma Center at JRI, Massachusetts, Webinar by American Counseling Association, June 24, 2015

“PTSD, Trauma, & Anxiety Disorders,” Allison Stacy Daughn, Ph.D., INR Conference, Tampa, FL, June 12, 2015

“MBSR, an 8 week training in Mindfulness Based Stress Reduction,” Saki F. Santorelli, EdD, MA and Florence Meleo-Meyer, MS, MA, Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School, online course, October 14-December 13, 2013

“Trauma Informed Yoga; Techniques and Principles for Psychotherapists,” Joann Lutz, LICSW, University of South Florida, January 25-27, 2013