

porchlight

counseling services

*A Program of Center for Law and Social Work*

## EMILY THORNTON, MSW, LCSW, CYT-200



### Specialties:

- Yoga-informed psychotherapy
- DBT
- ACT
- Trauma-informed services
- Body-centered psychotherapy

**About:** Emily is a Licensed Clinical Social Worker and certified yoga instructor with training in trauma-informed interventions, mindfulness-based approaches to personal growth and healing, and a background in creative arts. Emily brings together her dynamic experience and training to build a collaborative connection with each individual she works with and does her best to develop rapport that leads to a feeling of safety, openness, and willingness to take healthy risks to create desired change.

**Education:** Bachelor of Arts Degree in Fiction Writing; Master of Social Work Degree; 200-hour Yoga Teacher Training

**Hours available for new clients:** Mid-day Wednesday or Thursday

**Insurances accepted:** BCBS PPO