

Erica Leibrandt, LPC, RYT
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Golf, IL 60029

SUMMARY & HIGHLIGHTS

Psychodynamically informed mental health clinician able to individualize treatment for optimal results and maintain a full client load.

- Writer proficient in fiction and non-fiction, instructional, and inspirational styles.
- Leader in the health and wellness community.
- Dedicated yogi with over five years of experience teaching yoga.

EXPERIENCE

Mental Health Clinician

2015 - Present

- Specializes in marriage counseling, bereavement, anxiety, and depression.
- Creator and facilitator of well received and successful therapeutic writer's workshop, Write Club.
- Advocate and public speaker for suicide prevention, and creator of The Truth About Suicide, a Ted Talk style presentation.
- Enjoys working with many populations including families, adolescents, seniors, special needs children, and couples.
- Has an active caseload local to Glenview.
- Has many personal connections to area schools and medical practices for referrals.
- Able to work evenings.
- Skilled at promotion, networking, management, leadership, and business building.
- Able to integrate many styles of therapeutic practice seamlessly into Psychodynamic base, but specializing in Narrative, CBT, DBT, and teaching relaxation and meditation techniques.
- Skilled at facilitating group therapy in many formats.
- Proud owner of therapy dog, Bruno, who primarily assists in treatment for younger clients.

Writer

2012 - 2015

- Formerly featured writer of 500+ articles for Elephant Journal, an online magazine with over 10 million readers.
- Contributor to The Sun Magazine, Yoga Journal, The Tattooed Buddha and other publications.
- Author of two completed novel length manuscripts, *Weed Street* and *A Writer Writes*.

200-Hour Yoga Alliance Certified Yoga Teacher

2010 - 2015

- Taught yoga in several highly-regarded studios, serving hundreds of students.
- Proficient in teaching Hatha, Ashtanga, Prenatal and Restorative styles of yoga.
- Conducted workshops on meditation and vegan cooking for a yogic lifestyle.

EDUCATION

Northwestern University, Evanston, Illinois
Graduated 2017 - Summa Cum Laude
M.A. in Counseling

Loyola University of Chicago, Chicago, Illinois
Graduated 1992 - Cum Laude
B.A. in English

