

Lodi Siefer is a Licensed Professional Counselor (LPC) with a Master of Arts in Contemplative Psychotherapy from Naropa University. She has experience working with trauma, grief, body image, gender identity, depression and anxiety, addictions, and survivors of intimate partner violence. She is committed to a life-long process of becoming more culturally competent. Lodi uses an integrative approach to counseling that draws from attachment theory, systems thinking, Buddhist psychology, modern psychoanalysis, cognitive and behavioral models, as well as a strong conviction in the wisdom of the body and the somatic experience. Her approach is based on understanding that we all possess inherent health. She simply helps uncover what's already there.

Education

- M.A. in Psychology: Contemplative Psychotherapy from Naropa University, Boulder CO (2006–2009)
- B.A. in Religion from Wesleyan University, Middletown CT (1994–1998)

Affiliation

- American Counseling Association; Member (2009–Present)
- American Group Psychotherapy Association; Member (2007–Present)

License

- Licensed Professional Counselor (LPC); License #6311; Licensed November 2011; State of Colorado, Department of Regulatory Agencies, Division of Registrations, Denver CO
- Licensed Massage Therapist (LMT); License #4683; Licensed April 2009; State of Colorado, Department of Regulatory Agencies, Division of Registrations, Denver CO
- In the state of Colorado LPC and LMT are regulated by the Colorado Department of Regulatory Agencies:
<https://www.colorado.gov/dora/licensing/lookup/licenselookup.aspx>

Certification

- Approved Clinical Supervisor Certificate #ACS01378; NBCC; Certified 2012
- Certified Mindfulness Instructor, 2010, Naropa University, Boulder CO
- Certified Yoga Instructor, 2005, Providence Institute, Tucson AZ, 250-hours
- Certified Massage Therapist, 2001, Desert Institute of the Healing Arts, Tucson AZ, 1000-hours

Training

- Somatic Experiencing Professional Training, Beginning Level Participant, 2016, Golden, CO

- American Group Psychotherapy Association Annual Meetings (2008, 2009, 2010, 2011 & 2012)
- Pragmatic-Experiential Therapy for Couples (PET-C) with Brent Atkinson, 2012, Noeticus Training Institute, Denver, CO
- Clinical Supervision I Training, 2011, Odyssey Training Center, Denver, CO
- Dialectical Behavioral Therapy Training, 2010, Noeticus Training Institute, Denver CO
- Body-Centered Approaches to the Treatment of Eating Disorders, 2009, La Luna Center, Boulder CO
- Solution Focused Therapy and its Application to Substance Abuse Treatment, 2009, Jefferson County Department of Health and Environment, Lakewood CO
- Psychological First Aid—Medical Reserve Corps, 2009, Mental Health Center, Boulder, CO
- Domestic Violence and Anti-Oppression Training, 2008, Safehouse Progressive Alliance for Non-Violence, Boulder CO
- Matrixworks Group Training, 2007-2008, Matrixworks: Working with Groups as Living Systems, Boulder CO

Work and Volunteer Experience

- Finding Ground Psychotherapy: Private Practice (2011-current)
- Naropa University: Adjunct Faculty (2011-current)
- Noeticus Counseling Center: Program Director, Practicum Coordinator & Clinical Supervisor (2011-2012); MA Counseling Psychology Extern Practitioner & Clinical Mentor (2010-2011)
- OASOS (Open & Affirming Sexual Orientation/Gender Identity Support): Group facilitator (2009-2011)
- Emergency Psychiatric Service at Mental Health Center (2008-2010)
- Safehouse Progressive Alliance for Nonviolence: Counseling Intern (2008)