



Katherine London, LCSW
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Kathy received her Master's in Social Work degree from Florida International University. She has provided counseling services in a variety of settings including inpatient behavioral health, partial hospitalization, and telemental health. Kathy has also served as an outpatient therapist in a clinic for women, children and adolescents with complex medical needs. Areas of concentration include anxiety, depression, and thought disorders along with substance abuse.

Kathy's experiences have led her to work with clients who have experienced childhood trauma, PTSD and Complex PTSD. She continues to seek out and study evidenced based interventions to assist with resolving upsetting memories and improving resilience. Recently, Kathy completed her basic training in EMDR (Eye Movement Desensitization and Reprocessing) and she is working towards certification in this area. She also uses motivational interviewing, cognitive behavioral therapy, and solution-focused strategies. She believes that the relationship between the client and therapist is a partnership based on an atmosphere of acceptance that values, validates and addresses the individual's unique needs.

Adverse childhood experiences can affect a person across the life span from coping skills to relationship choices. Kathy also works regularly with clients experiencing emotional and narcissistic abuse to offer strategies for healthier boundaries, codependency, and improving assertiveness.

Certified Clinical Telemental Health Provider

Kathy is a proud member of:

