



Katelyn Lindsey, M.S., Resident in Counseling

Katelyn Lindsey has recently completed her Masters in Mental Health Counseling and Rehabilitation. She is a Certified Rehabilitation Counselor and QMHP-A/ C. Ms. Lindsey has experience with both children and adults. She spent her early career as a yoga teacher, trained in yoga for addiction, chronic pain, and trauma. Ms. Lindsey transitioned into the mental health field post BA in History and postgraduate studies in Art History. She enjoys integrating her arts background through use of art therapy techniques and mindfulness based practices.

Ms. Lindsey has worked as a counselor for children with Autism implementing ABA Therapy to increase verbal skills and decrease maladaptive behaviors. She has experience implementing play and sound conditioning with individuals with Autism. Recently, Ms. Lindsey has been working with adults with mental illness, primarily Schizophrenia, as a case manager and mental health

skill-builder. Ms. Lindsey integrates Cognitive Behavioral Therapy (CBT) and Mindfulness Based Practices when working with clients. Ms. Lindsey enjoys teaching yoga, gardening, and traveling.