

## Chelsea Green, MA, LPCA

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[www.anubeginningtherapy.com](http://www.anubeginningtherapy.com)

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### EDUCATION

- East Tennessee State University**, Johnson City, TN May 2019  
M.A. in Counseling | Couples and Family Concentration  
GPA: 3.96, *Summa Cum Laude*  
*Kappa Delta Pi International Honor Society in Education* (2018 - 2019)
- Virginia Tech**, Blacksburg, VA Dec 2014  
B.S. in Biological Sciences  
Psychology Minor  
GPA: 3.51, *Cum Laude*
- Middle Tennessee State University**, Murfreesboro, TN Jun – Aug 2010  
Governor’s School for the Arts  
Completed 12 credit hours in Studio Art

### RELEVANT WORK EXPERIENCE

- Social Media/Content Strategist - CTZNWELL** Mar 2022 – Present
  - Curated original and branded content for digital marketing campaigns to promote CTZNWELL’s mission to provide information and resources at the intersection of politics and wellness.
- Therapist – Anu Beginning Therapy, LLC**, Charleston, SC Mar 2020 – Present
  - Delivered quality mental health counseling services as a Licensed Professional Counselor to individuals, couples, and families in private practice.
  - Facilitated donation-based therapeutic groups called Community Constellations once per month.
  - Delivered psychoeducational and experiential workshops on the topics of mindfulness, stress management, attachment relationships, and family/systemic constellations.
- Director – Mindful Mornings Charleston**, Charleston, SC Jan 2020 – Jan 2022
  - Organized and directed Charleston’s chapter of the national monthly speaker-series for local do-gooders; booked speakers and facilitated collaborative relationships, oversaw social media campaigns, and managed website updates.
  - Recruited and supervised a team of 10 dedicated volunteers, facilitated group dialogue and deep conversations on topics, such as poverty, resilience, and race relations.
- Therapist – Changes Counseling Center**, North Charleston, SC Nov 2019 – Mar 2020
  - Delivered clinical mental health counseling services as Licensed Professional Counselor Associate to Medicaid-insured individuals, ages 12yrs and up, couples, and families.
  - Earned more than 100 direct client hours under the direct supervision of Kim Finucan, LPCS and Stephanie Lollis, LPCS in a clinician mental health outpatient setting.
- Therapist Intern - The Journey Center for Healing Arts**, Johnson City, TN Aug 2018 – May 2019
  - Provided more than 600 hours of talk therapy for individuals, couples, and families under the weekly supervision of Sybil R. Smith, LPCS.
  - Focused on addressing complex trauma and PTSD using somatic experiencing techniques and body-based mindfulness practices; increased clients’ capacity for present moment awareness.
  - Provided psychological assessment as part of an interdisciplinary approach; integrated Structural Family Therapy, Internal Family Systems, Emotion-Focused Couples Therapy, and other experiential psychodynamic approaches.
- Graduate Assistant - University Career Services, ETSU**, Johnson City, TN Aug 2017 – May 2019

- Provided career counseling to undergraduate students; helped to inform career choices and optimize their professional profiles.
  - Delivered classroom presentations to undergraduate students, developed video and digital marketing materials, and managed the University Career Services' social media platforms.
- Intern - Magnolia Ridge Alcohol & Drug Treatment Center**, Johnson City, TN Aug 2017 – Dec 2017
- Provided 300 hours of talk therapy for individuals in a 19-bed alcohol and drug detoxification and residential treatment center specializing in treating addiction and co-occurring mental health and behavior disorders for adults 18 and older.
  - Worked directly under the supervision of J. Graham Disque, Ph.D., LMFT.
- Marketing and Media Specialist - Well Being Retreat Center**, Tazewell, TN Feb 2017 – Present
- Designed and implemented marketing strategies as part of a larger effort to launch three social media accounts (current engagement is 600% higher than baseline).
  - Photographed retreat events; filmed and produced video materials; wrote and edited scripts.
- Certified Meditation Instructor - Self-Employed** Jun 2016 – Present
- Completed 180-hour Certified Meditation Instructor (C-MI) training through the American Institute of Health Care Professionals.
  - Instructed weekly meditation and restorative yoga classes in addition to weekly interactive mindfulness-based workshops throughout Southwest Virginia.
  - Provided consultation services for staff and employers of multiple non-profit organizations, including Virginia Head Start Association, Inc. and United Way of Southwest Virginia.
- Consultant - Cor Foundation, Inc.**, Blacksburg, VA May 2016– Aug 2017
- Trained high school students with a team of Virginia Tech researchers to apply problem-solving skills to relevant school issues (bullying, drugs/alcohol use, interpersonal conflict, and misconduct)
  - Assisted in the design and delivery of educational workshops and school assemblies to high school youth, school resource officers, counselors, and other staff.
- CSA Programs Coordinator - Health Connect America, Inc.**, Bristol, VA Mar 2016 – Sep 2016
- Defined the roles and responsibilities of staff while overseeing CSA cases, evidence-based youth mentoring, and parent support services.
  - Developed marketing materials in order to increase public awareness, find qualified mentors at local universities, establish funding for programs, and establish contact with referral sources.
- Therapeutic Mentor - Health Connect America, Inc.**, Bristol, VA Aug 2015 – Mar 2016
- Provided therapeutic mentoring services to at-risk youth by actively participating in conflict resolution and safety planning for families who suffer from substance abuse and/or mental illness.
  - Provided parental support services, such as skill-building, budgeting, child-care, and work readiness.
- Program Aide - People Incorporated of Virginia**, Abingdon, VA May 2015 – Jul 2015
- Assisted at-risk youth in identifying themselves as part of the workforce while enhancing their occupational skills during an intensive summer program.

## UNIVERSITY ACTIVITIES

- Research Assistant - Mind and Body Laboratory** Aug – Dec 2014
- Supervised by Bruce Freidman, Ph.D., helped in beginning stages of projects focused on the mind-body connection and psychophysiological processes related to stress states.
- Undergraduate Researcher - Center for Applied Behavior Systems** Aug 2013 – May 2014
- Developed thesis which focused on a theoretical model of bullying, aggression, and prosocial behaviors across a power differential among adolescents in an academic setting.
  - Thesis accepted for poster presentation at the Virginia Psychological Association, the International Society for Research on Aggression, and the National Association of School Psychologists.

## PERSONAL DEVELOPMENT

- 4-Night New Years Retreat** - Well Being Retreat Center, *Tazewell, TN* Dec 2022
- 3-Night Silent Retreat** – Well Being Retreat Center, *Tazewell, TN* Apr 2019

<b>4-Night New Years Retreat</b> - Well Being Retreat Center, <i>Tazewell, TN</i>	Dec 2018
<b>“Silence &amp; Stillness” Weekend Retreat</b> - Well Being Retreat Center, <i>Tazewell, TN</i>	Mar 2017
<b>30-Day Personal Sabbatical</b> - Well Being Retreat Center, <i>Tazewell, TN</i>	Feb 2017
<b>2-Night Silent Retreat</b> – Well Being Retreat Center, <i>Tazewell, TN</i>	Mar 2016
<b>Weekend Meditation Retreat</b> – Well Being Retreat Center, <i>Tazewell, TN</i>	Aug 2015
<b>6-Night Silent Retreat with Mukti</b> – Well Being Retreat Center, <i>Tazewell, TN</i>	Sep 2015
<b>2-Night Silent Retreat</b> – Well Being Retreat Center, <i>Tazewell, TN</i>	Oct 2015

## **PROFESSIONAL DEVELOPMENT**

<b>Compassionate Inquiry: An Introduction with Dr. Gabor Mate</b>	July 2022
<ul style="list-style-type: none"> <li>Received introductory training as part of the Lowcountry Mental Health Conference with Dr. Gabor Mate and Sat Daram Kaur, ND.</li> </ul>	
<b>CTZN Summit: Building A Politics of Care, Virtual</b>	Sept 2020
<ul style="list-style-type: none"> <li>Collected strategies for organizing and building community resilience and engagement.</li> </ul>	
<b>Acknowledging What Is: Family Constellation Workshop, Virtual</b>	Aug-Sept 2020
<ul style="list-style-type: none"> <li>A 5-week immersive workshop facilitated by student of Bert Hellinger, Suzi Tucker</li> </ul>	
<b>SAMHSA NCTIC Trauma Informed Care Key Principles Course, Johnson City, TN</b>	Mar 2019
<ul style="list-style-type: none"> <li>Gained knowledge of research on how toxic stress and traumatic experiences can change brain development, responses to stress, health outcomes, and even early death.</li> </ul>	
<b>Introduction to the Hakomi Method</b> – Duke Integrative Medicine, <i>Durham, NC</i>	Jun 2018
<ul style="list-style-type: none"> <li>Received introductory training in the mindfulness-based, body-centered experiential psychotherapy approach known as the Hakomi Method.</li> </ul>	
<b>Yoga for Addiction, Kingsport, TN</b>	Apr 2018
<ul style="list-style-type: none"> <li>3.5 hour training led by Cori Phillips, LPC, E-RYT 200, that explored various yogic techniques and practices that alleviate symptoms associated with addiction.</li> </ul>	
<b>NTU Psychotherapy: An Afrocentric Approach, Johnson City, TN</b>	Mar 2018
<ul style="list-style-type: none"> <li>Attended presentations by Dr. Fred Phillips, founder of NTU Psychotherapy, based on ancient African principles, nurtured through African American culture.</li> </ul>	
<b>Safe Zone Training for Faculty and Staff, ETSU, Johnson City, TN</b>	Nov 2017
<ul style="list-style-type: none"> <li>An LGBTQ+ awareness and ally training workshop.</li> </ul>	
<b>Trauma-Informed Yoga Training, Off the Mat Into the World, Online</b>	Jun 2015
<ul style="list-style-type: none"> <li>Explored shock, developmental, complex, and collective trauma; stress response and the nervous system; somatic therapy tools for resourcing and discharge; led by Hala Khouri, RYT.</li> </ul>	
<b>Mind and Life Institute’s International Symposium for Contemplative Studies, Boston, MA</b>	Oct 2014
<ul style="list-style-type: none"> <li>A collection of contemplative speakers, educators, and researchers, organized by the Dalai Lama Trust, The Library of Tibetan Works and Archives (LTWA) and The Mind and Life Institute.</li> </ul>	

## **WORKSHOP PRESENTATIONS**

**Green, C.** (2022, July) *“The Art of Belonging”*. A 3-day experiential workshop and weekend retreat designed to support healing through meditation and group experience at the Well Being Retreat Center, Tazewell, TN.

**Green, C., Hallin, K.,** (2022, May) *“Practitioners Retreat”*. Co-facilitated equine-assisted learning group workshop with introspective dialogue and guided meditation at Unbridled, LLC in Ravenel, SC.

**Green, C.** (2021, July) *“The Art of Belonging”*. A 3-day experiential workshop and weekend retreat designed to support healing through meditation and group experience at the Well Being Retreat Center, Tazewell, TN.

**Green, C., Greenway, E., Huddleston, M.** (2020, September) *“Healing the Helpers”* An interactive online 4-week workshop for supporting those who work with traumatized populations and face vicarious trauma.

**Green, C.** (2020, August) *“Mindfulness in Healing”*. An online 3-week psychoeducational and experiential meditation workshop.

**Green, C.** (2020, March) *“Self-Love and Setting Boundaries”*. An invited guest presentation on identifying and communicating healthy boundaries with teens and adults from Our Minds Matter in Washington, D.C.

**Green, C.** (2020, February) *“Healing Through Art and Meditation”*. A 3-day weekend workshop designed to support psychological healing through meditation and creative expression at the Well Being Retreat Center, Tazewell, TN.

**Green, C., Hallin, K.,** (2020, February) *“Healing with Horses”*. Co-facilitated equine-assisted learning group workshop with introspective dialogue and guided meditation at Unbridled, LLC in Ravenel, SC.

**Green, C.** (2017, August) *The “Art of Mindfulness” Workshop*. A 2.5 hour workshop teaching foundational art and mindfulness skills at Soul Yoga in Charleston, SC.

**Green, C.** (2017, August) *The “Art of Mindfulness” Workshop*. A two-night workshop focused on art and mindfulness meditation held at the Well Being Retreat Center, Tazewell, TN.

**Green, C.** (2017, March) *The “the mindfulness movement” Workshop*. A 4-week meditation workshop for members of the Slater Community Center, Bristol, TN.

**Green, C.** (2016, December) *The “the mindfulness movement” Workshop*. A 6-week meditation workshop offered to members of the Harry L. Coomes Recreational Center, Abingdon, VA.

**Green, C.** (2016, December) *The “the mindfulness movement” Workshop*. An invited workshop presentation at United Way of Southwest Virginia’s annual Tender Loving Caregivers Conference, Abingdon, VA.

## **VOLUNTEER ACTIVITIES**

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|--|-----------------------|
| <b>Promote Care, Prevent Harm, Virtual</b>   | Mar 2020 - Mar 2021   |
| <ul style="list-style-type: none"><li>• Provided remote mental health support by facilitating check-in wellness groups for staff of non-profit during their coordination of a global pandemic response.</li></ul>                      |                       |
| <b>This Is My Brave, Leesburg, VA</b>  | April 2020 - Dec 2020 |
| <ul style="list-style-type: none"><li>• Served on a team of licensed therapists to screen teen video submissions for mental health and safety risks.</li></ul>   |                       |
| <b>Mindful Mornings Charleston, Charleston, SC</b>   | Jan 2020 – Jan 2022   |
| <ul style="list-style-type: none"><li>• Organized and monthly speaker series as Chapter Director while managing a team of volunteers.</li></ul>  |                       |
| <b>ETSU’s 1<sup>st</sup> Pride Festival, Johnson City, TN</b>  | April 2018            |
| <ul style="list-style-type: none"><li>• Assisted with the kindness rock project for participants to express themselves and learn about self-care/compassion, the community counseling clinic, and LGBTQ+ friendly resources.</li></ul> |                       |
| <b>Haven of Rest Rescue Mission Inc., Bristol, TN</b>  | Dec 2015 – Jun 2017   |
| <ul style="list-style-type: none"><li>• Assisted in meal preparation, serving dinner to patrons, and post-meal clean-up.</li></ul>   |                       |
| <b>Abuse Alternatives, Bristol, TN &amp; Abingdon, VA</b>  | Mar 2015 – Sep 2015   |
| <ul style="list-style-type: none"><li>• Directed client services, such as hotline calls, shelter support, and client intake.</li></ul>   |                       |

## **ADVISORY BOARDS & COMMITTEES**

- Promote Care & Prevent Harm** (April 2020 – Present)
- A 501(c)3 social enterprise nonprofit empowering leaders to create a more proactive culture by promoting safety, wellness, connection, and peace, as well as preventing COVID-19 illness, loneliness, and violence within schools and organizations.
- Believe In Bristol** (June 2015 – Nov 2016)
- Arts & Entertainment Committee
  - Established the first and only Before I Die wall in northeast TN as part of the global art project originally created by Candy Chang.

## **HONORS, AWARDS, AND CERTIFICATIONS**

National Certified Counselor, NCC (Sept 2019 – Sept 2020)

Member of the International Mindfulness Teachers Association (June 2019 – June 2020)  
Certified Meditation Instructor, American Institute of Health Care Professionals (May 2016 – May 2019)  
National Association of School Psychologists Poster Presentation (Mar 2015)  
International Society for Research on Aggression Poster Presentation (Aug 2014)  
Virginia Psychological Association Poster Presentation (May 2014)  
Virginia Tech Dean's List (Fall 2012 – Spring 2014)