

# Amy Zajakowski Uhl, LCPC

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Chicago, Illinois 60640

(773) 754-7441

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## PROFILE:

**EXPERIENCE: Psychotherapist** who has demonstrated flexibility in taking on teaching and managerial roles with special focus on trauma and long term therapy.

**TRAUMA:** Dedicated professional who has addressed the needs of clients affected by war and dislocation as well as sexual abuse and domestic violence.

**TRAINING & SUPERVISION:** Focused instructor who motivates professionals on all levels to adapt new skills and techniques.

## EXPERTISE:

- Trauma
- Training
- Supervision

## EDUCATION:

- **Sensorimotor Psychotherapy Institute Training for the Treatment of Trauma**, Sensorimotor Psychotherapy Institute (2005):  
A somatic approach to psychotherapy that integrates verbal techniques with body-centered interventions in the treatment of trauma.
- Extensive professional development in trauma and supervision
- **MA, Counseling Psychology**, Northwestern University
- **BA, Psychology & English** (*Magna Cum Laude*),  
University of Notre Dame

## EXPERIENCE:

### **CHICAGO CENTER FOR INTEGRATION AND HEALING**

Chicago, IL

May 2011—Present

#### **DIRECTOR AND FOUNDER**

Founded treatment center for the integration of relational, developmental and body-centered therapies in the treatment of trauma.

- Administer all Center activities
- Conduct individual, couples and group therapy
- Provide supervision to Center staff and therapists in wider community
- Coordinate all Center Professional Development activities

### **MARJORIE KOVLER CENTER (Heartland Alliance)**

Chicago, IL

2000-Present

#### **THERAPIST**

Treat victims of trauma from around the world who have come to the U.S. seeking asylum. Address body aspects of trauma. Prepare affidavits and testify at immigration court. Collaborate with lawyers to prepare for trial.

### **PSYCHOTHERAPIST – PRIVATE PRACTICE** Chicago, IL 2001-2011

Conduct individual, family, and marital therapy. Address issues dealing with trauma, anxiety, depression, and addiction. Supervise colleagues.

- Participate in a monthly consultation group on trauma.
- Volunteer at Heart to Heart, a program serving seniors. Advise the Executive Director, analyze budgets, and write grants.

### **CATHEDRAL COUNSELING CENTER** Chicago, IL

2001-2011

#### **CLINICAL ADMINISTRATIVE COORDINATOR & PSYCHOTHERAPIST**

**Training:** Manage the professional development program. Supervise postgraduate fellows. Coordinate training for outside therapists and staff. Lead consultation groups for outside therapists.

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- Provided in- service training on trauma.

**Therapist:** Follow the long term therapy treatment model in addressing the needs of adults, individuals, and couples. Treat victims of trauma.

**FILLMORE CENTER FOR HUMAN SERVICES** Berwyn, IL 1999-2001

## **CLINICAL COORDINATOR**

Managed an outpatient psychotherapy program. Trained staff in managed care systems. Provided individual and family therapy.

## **COMMUNITY FAMILY SERVICE & MENTAL HEALTH CENTER**

Western Springs, IL

1992-1998

## **ASSESSMENT SPECIALIST (1995-1998)**

Supervised intake staff and assigned duties. Conducted mental health assessments and recommended services for new clients. Provided community education at schools and corporations (Motorola).

- Developed and implemented a new system for access to services for clients.

## **CRISIS TEAM COORDINATOR (1992-1995)**

Addressed issues related to trauma (child/sexual abuse), and managed crisis intervention services. Supervised (clinical/administrative) a staff of seven. Trained staff and conducted critical incidence debriefing. Provided individual, couple, family, and group therapy.

- Promoted from position as Crisis/Clinical Worker (1991-1992)

**References Available upon Request**