

Making Headways Bio - Colleen Cavanagh, LCSW

Colleen is a gifted Holistic Psychotherapist who focuses on emotional and somatic healing. She specializes in family therapy, trauma recovery, emotional regulation, and helping individuals become empowered in their own healing process. Colleen provides Family Therapy, Mindfulness Therapy, Somatic-Based Trauma Therapy, Yoga Therapy, and Reiki Healing Sessions. She has been working in the social work field for more than fifteen years; first, as an advocate for foster children with Court Appointed Special Advocates, and then as a clinical social worker providing counseling to families and individuals suffering from substance abuse, chronic health conditions, such as cancer and severe autoimmune conditions, post traumatic stress disorder, depression and anxiety, marital discord, and unresolved grief and loss.

Prior to transitioning fully into private practice, Colleen was a Clinical Coordinator working with adolescents and families in an Intensive Outpatient program at Trinitas Hospital. Colleen subsequently became a Clinical Director working with adolescents who had severe mental health conditions at an Intensive Residential Treatment Center with Youth Consultation Services. Family Therapy was a key component in both of these programs, and proved to be an invaluable element in each of the programs.

In the past five years, Colleen has moved more exclusively into holistic therapy, providing programs for individuals seeking deep healing, transformation, and freedom from maladaptive behaviors and cycles. Colleen is helping individuals and families move from dependent-health to independent-health, relying more on their inner resources of strength, courage, resiliency, emotional intelligence, and self-acceptance.

Colleen received her Masters Degree in Social Work from Columbia University with a specialty in Advanced Clinical Practice with Families and Children. She also received advanced training from the Minuchin Center for the Family in NYC. Colleen is a certified Reiki Master, a certified Yoga Teacher, and a certified Shamanic Practitioner. Colleen is currently enrolled as a student in the year-long Compassionate Inquiry Professional Certification course developed by Gabor Mate, MD.

Specialties: Structural Family Therapy, Mindfulness, Internal Family Systems, Trauma Recovery, Meditation, Somatic Body Work, Reiki, Yoga, Self-Actualization Work, Bereavement