

VERONICA GUGEL, LGPC

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With a **person-centered and holistic approach**, I help clients cultivate balance, resilience, and fulfillment in their lives. My work integrates **evidence-based approaches** such as **Cognitive Behavioral Therapy (CBT)**, **Mindfulness-Based Cognitive Therapy (MBCT)**, **Acceptance and Commitment Therapy (ACT)**, and **Nature-Informed Therapy (NIT)** to address the mind-body connection and promote lasting change. I also weave in **somatic awareness, creative expression, and self-compassion practices** to support emotional healing, deepen self-acceptance, and empower clients to live with greater authenticity and ease.

PROFESSIONAL EXPERIENCE

10/25 - now, Founder and psychotherapist @Embodiment Mind LLC, a private practice providing individual therapy to adults and teenagers experiencing anxiety, depression, grief, relationship difficulties, and major life transitions. *Hybrid, MD*

- Deliver personalized counseling for mood disorders, bereavement, interpersonal struggles, and significant life shifts.
- Utilize clinical modalities including CBT, motivational strategies, mindfulness-based techniques, somatic work, and nature-based interventions.
- Execute intake evaluations and create goal-oriented treatment frameworks while maintaining thorough clinical records.
- Offer bilingual psychotherapy (English/Russian) through virtual platforms, traditional office settings, and outdoor therapeutic walks.
- Oversee administrative operations, including financial management, legal adherence.

04/22 - 10/25, Therapist @Chesapeake Mental Health Collaborative. *Towson, MD*

- Provide individual therapy to adults and adolescents addressing anxiety, depression, trauma, life transitions, and relationship challenges using an integrative, evidence-based approach.
- Apply CBT, mindfulness-based, nature-informed, and somatic techniques to support emotional regulation, resilience, and self-compassion.
- Collaborate in interdisciplinary team meetings, case consultations, and group supervision to ensure high-quality, ethical care.
- Maintain detailed clinical documentation, treatment plans, and progress notes in compliance with HIPAA standards.
- Developed and led a Neurographic Art Therapy workshop for fellow clinicians, integrating creativity and self-reflection into professional development.
- Volunteered with the Nature-Informed Therapy Training Program, assisting in experiential learning and client-centered nature-based interventions.

10/20 - 04/22, Registered Behavior Technician (RBT) @Attain ABA. *Baltimore County, MD*

- Conducted assessments and collected data.
- Implemented skill acquisition and behavioral reduction procedures.
- Generated objective session notes for service verification in accordance with applicable legal, regulatory, and workplace requirements.
- Worked with teenagers with and without developmental delays. Recommendations by my supervisors are available upon request.

09/12 - 12/15, Counseling psychologist @ Academy of Advanced Training and Occupational Retraining of Educators. *Moscow, Russia*

- Conducted initial evaluations to assess clients' needs and developed individualized treatment

plans tailored to their goals and presenting concerns.

- Provided individual counseling using evidence-based approaches to help clients manage and overcome a range of emotional and mental health challenges, including mild to moderate depression, anxiety, trauma, family issues, and developmental concerns.

09/11- 05/13, Research Assistant @ Health Psychology Department, Academy of Advanced Training and Occupational Retraining of Educators. Moscow, Russia

- Participated in research designed to create an effective system for the prevention of drug abuse in schools.
- Collected quantitative/qualitative data through observation and interviewing.
- Performed pedagogical literature review.
- Synthesized, analyzed and interpreted data with statistical software.

Publication: Co-author of *The Prevention of Drug Addiction in Schools* // The proceedings of the international conference *The Continuous Pedagogical Education for Innovative Social Development Projects*. Moscow, June 19, 2012

11/10-07/11, Career counselor @ Clever Inc. Moscow, Russia

- Administered personality and interest inventories.
- Evaluated clients' educational and work backgrounds in order to help them determine what they need to do next to achieve their goals.
- Taught and practiced job skills such as interviewing, resume writing, and networking. Helped clients with writing their resumes.
- Aided clients in the job search process by teaching them where to look for open positions and connecting them with job search resources.

08/08 - 11/10, Executive Search Consultant @ Hill International. Moscow, Russia / Vienna, Austria

- Performed active searches for passive candidates, filled more than 80 positions with a 100% retention rate over 2 years.
- Improved time to fill open positions by 25% through the creation and implementation of a new type of competency screening questionnaire.
- Assessed candidates (Psychometric and Personality Assessment, Testing and Evaluation, and 360° feedback); prepared evaluation reports for client's review.
- Provided consultative guidance and support to hiring managers.

EDUCATION

Moscow State University of Psychology and Education, 2003-2008

Master's Degree in Counseling Psychology

- Overall GPA: 3.71 (*One Earth International Credential Evaluations, USA*)
- Graduate research topic: *Boundaries in group psychotherapy*.

Grand Canyon University, 2022

Graduate course in Addiction Counseling

The Mindsight Approach to Well-Being: **A Comprehensive Course in Interpersonal Neurobiology**
Dr. Dan Siegel, Mindsight Institute – 2025

Mindfulness-Based Stress Reduction (MBSR), Certificate, 2024

Motivational Interviewing Training (2-Part Series), 2023

Certificate in Helping Clients Through Grief and Loss, 2023

Certified Nature-Informed Therapist, *Nature Informed Therapy Training Program, @ CNIT (Center for Nature Informed Therapy)*, 2022

Beck Institute CBT Certified Clinician (BICBT-CC, Phase One), 2022

Association of Cognitive Behavioral Psychotherapy - Processional license for CBT practice
(280 hours of seminars + 30 hours of supervision), 2015

Institute of Practical Psychology and Psychoanalysis, 2014

Professional retraining program "*Dance and Movement Therapy*" *Play Psychotherapy* - Practical
Program of the Israel Play Therapy Association

Academy of Advanced Training & Occupational Retraining of Educators

- *Health Psychology*. Diploma of professional retraining. Graduated with honors .

Treasure Finder Training Center Hill International, Vienna, Austria

- Competency-based interview technique training
- Competency Analysis (c) – Introduction & Practicum

ADDITIONAL INFORMATION

- Languages: English, Russian, Spanish basic, German basic.
- Completed three 10-days Vipassana Meditation courses as taught by S.N.Goenka – two as a student, and one as a volunteer.