

AHEC-SSW Directory – Trainer Information Sheet

Faculty Name: Kate Gotelli, MSW, LCSW, SEP
Position/Title: Psychotherapist, Somatic Experiencing Practitioner, Training Consultant
Work Address: Mindful Awakening, PLLC, 1414 Tallyho Trail, Chapel Hill, NC 27516
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Education/Degrees:

- Master of Social Work, Clinical Concentration - Mental Health: San Diego State University (1996)
- Bachelor of Science, Business Administration - Organizational Behavior: Miami University, Oxford, OH (1992)

Professional Certifications

- Certified Sex Coach™ - Completed the Core Certified Sex Coach (200 hour) training program through Sex Coach U (December 2020)
- Somatic Experiencing™ Practitioner (SEP) – Completed the Somatic Experiencing™ Trauma Institute's 3-year (216 hour) Certificate Program (September 2012 – September 2015)
- Certified Daring Way™ Facilitator (July 2014 – Present) and Rising Strong™ Facilitator (September 2015)
- Certified Therapist in Eye Movement Desensitization and Reprocessing (January 2011)
- Clinical Supervision Certification, NASW-NC (June 2004)

Academic Experience

- Livestream Workshop Presenter: "Courage In Our Vulnerability: Daring Greatly," 2020 Parkinson's Foundation Virtual Centers of Excellence Coordinators Day, Chapel Hill, NC. 13 November, 2020.
- Workshop Presenter: "Anger, Anxiety and the Importance of Shame Resilience Skills," 2019 Women's Health Symposium, Greensboro, NC. 12 August 2019
- Workshop Presenter: "From Surviving to Mindful Thriving: Rising Strong™ through the Lens of a Trauma Therapist," Workshop Presenter, Southeast Courage Builder's Summit, Atlanta, GA. 29 April 2018.
- Workshop Presenter: "Taming the Flames: Helping Clients Recognize, Understand & Move Beyond Anger"
 - Southern Regional AHEC – 19 May 2023 (livestream webinar); 11 March 2016; 10 May 2013, Fayetteville, NC
 - Eastern AHEC, Cherry Point MCAS – 03 March 2023 (livestream webinar)
 - Eastern AHEC – 04 June 2020 (livestream webinar); 12 March 2015; 14 December 2012, Greenville, NC
 - Greensboro AHEC – 12 March 2021 (livestream webinar); 06 June 2019, Greensboro, NC
 - Safe Alliance™ – 04 August 2016, Charlotte, NC
 - Charlotte Area AHEC – 03 June 2016; 13 October 2014; 08 March 2013, Charlotte, NC
 - Southeast AHEC – 08 February 2013, Wilmington, NC
- Workshop Presenter: "Trauma and Recovery for Adults"
 - Charlotte Area AHEC – 24 February 2022 (livestream webinar); 26 September 2012, Charlotte, NC
 - Pee Dee AHEC – 20 November, 2020 (livestream webinar), Florence, SC
 - Mountain AHEC – 11 June 2020 (livestream webinar); 13 July 2012, Asheville, NC
 - Wake County AHEC – 15 November 2019, Raleigh, NC
 - Northwest AHEC – 13 October 2017, Winston-Salem, NC
 - Southern Regional AHEC – 04 November 2016; 30 November 2012, Fayetteville, NC
 - Eastern AHEC – 19 May 2016, Greenville, NC
 - Southeast AHEC – 28 May 2015, Wilmington, NC
 - Greensboro AHEC – 16 September 2011, Greensboro, NC
- Workshop Presenter: "Healing Developmental Trauma: Transforming Developmental Trauma's Impact on Emotion Regulation and Connection"
 - Charlotte AHEC – 28 October 2022 (livestream webinar), Charlotte, NC
 - Eastern AHEC – 20 May 2022 (livestream webinar), Cherry Point MCAS
 - Wake AHEC – 29 October 2021 (livestream webinar), Raleigh, NC
 - Southeast AHEC – 27 March 2020, Wilmington, NC
 - UNC Chapel Hill, School of Social Work - Clinical Lecture Institute – 20 April 2018, Chapel Hill, NC
- Workshop Presenter: "Transforming Developmental Trauma's Impact on Emotion Regulation & Intimacy"
 - Eastern AHEC – 19 October 2018; 14 November 2013, Greenville, NC

- Charlotte Area AHEC – 18 May 2015, Charlotte, NC
- Southern Regional AHEC – 19 September 2014, Fayetteville, NC
- Workshop Presenter: “Promoting Resilience in Adult Female Survivors of Childhood Sexual Abuse”
 - Northwest AHEC – 17 October 2013, Winston-Salem, NC
 - Charlotte Area AHEC – 20 September 2013, Charlotte, NC
 - Southern Regional AHEC – 26 January 2012, Fayetteville, NC
 - Eastern AHEC – 2 December 2011, Greenville, NC
- Adjunct Faculty – Clinical Instructor at UNC-Chapel Hill’s MSW program during Summer Session II 2010 - SOWO 855: “Treatment of Trauma and Violence”
- Lecture Series Presenter on “Mindful Parenting” at Durham La Leche League (2008)
- Workshop Presenter on “HIV Support Groups – Telling Our Stories” at HIV/AIDS Health Fair 2002, Charlotte, NC (2002)
- Workshop Presenter on “The Process of Disclosure” at Positive Connections - Friends and Family Learning Series, Charlotte, NC (2002)
- Workshop Presenter on “No More Drama: A guide to healthy relationships” at the 8th Annual NANDI Women’s Wellness Conference, Charlotte, NC (2002)

Brief Summary of Work Experience:

- Provide somatic psychotherapy to adults using Somatic Experiencing™, EMDR, mindfulness-based cognitive therapies, and psychodynamic psychotherapy with an attachment perspective.
- Facilitate Daring Way™ and Rising Strong™ groups (based on the research of Brené Brown) which assist clients in developing shame resilience skills and a courage practice that transforms the way they live, love, parent, and lead.
- Provide ongoing clinical supervision and case consultation to licensed mental health clinician(s), those seeking the LCSW licensure, and to UNC-Chapel Hill’s Gender Violence Service Coordinators.
- Provided coaching to individuals and couples on sex, intimacy and relationship issues at Embodied Awakening, LLC
- Serve as an Approved Somatic Experiencing™ Personal Session Provider at Beginning, Intermediate & Advanced Levels, and an Approved Somatic Experiencing™ Individual Case Consultation Provider for those who wish to earn their SEP certificate
- Areas of interest include: Treatment and Resolution of Relational, Developmental and Shock Trauma & PTSD, Shame Resilience, Wholehearted Living, Management of Depression & Anxiety, Wellness through Life Transitions, Perinatal Mood Disorders, LGBTQ issues, Women’s Empowerment.
- Provider of individual and group psychotherapy since 1996 in a variety of non-profit and private settings, including outpatient psychiatric practices, a free-standing women’s birthing center, an AIDS service organization, an inpatient psychiatric unit, an acute care residential program for SPMI adults and in-home family outreach counseling with military families.
- Served as Field Instructor for MSW student interns from UNC-CH and UNC-Charlotte
- Taught SOWO 855 Summer Session II 2010 class entitled “Treatment of Trauma and Violence” as adjunct clinical instructor for the Master of Social Work program at UNC Chapel Hill

Specialization Areas:

- Somatic Psychotherapy & EMDR for the treatment and resolution of Relational, Developmental and Shock Trauma/PTSD
- Shame Resilience & Authentic, Wholehearted Living
- Wellness through Life Transitions
- Enhancing Relationships
- Adult Survivors of Childhood Abuse or Neglect
- Mindfulness-based treatment of depression and anxiety
- Sexual Empowerment, Embodiment & Wellness
- Perinatal Mood Disorders

Willingness to present on following subjects:

- “Trauma and Recovery for Adults”
- “Transforming Developmental Trauma’s Impact on Emotion Regulation & Connection”
- “Taming the Flames: Helping Clients Recognize, Understand and Move Beyond Anger”
- “Promoting Resilience in Adult Female Survivors of Childhood Sexual Abuse”
- Mindfulness-Based Approaches in Therapy

- Boundaries and Assertiveness
- Shame Resilience
- Intro to Somatic Psychotherapy
- PTSD & Post Traumatic Growth