

Joni Bennett (she/her) - Coach

Specialties: Trauma, Personality disorders, Anxiety, Violence, Self-Harm/Suicide, High-Risk Issues, and more.

Therapeutic Modalities: EMDR, DBT, and Parts Systems.

Online Offerings: Online offerings nationwide and internationally.

Sliding Scale: No.

Faith-Based: No but is comfortable and well-versed in working with spirituality and religion.

Website: <https://www.gcimo.net/>

Contact: joni@gcimo.net

Social Media: <https://www.facebook.com/jonisbennett>

Traditional Land: Joni is a white/Indigenous individual living on the lands of Sauk and Meskwaki, Peoria, and Kickapoo lands.



Casey Bain (she/her) – Trauma Coach

Specialties: Embodiment, healing your relationship with your body by exploring the impacts of deconstruction, religious trauma, sexuality (including LGBT+), anxiety, OCD, and childhood trauma.

Therapeutic Modalities: Body based trauma resolution modalities.

Online Offerings: Sessions offered online only.

Sliding Scale: Based on availability.

Faith-Based: No.

Website: www.traumaresolutionandrecovery.com;

<https://unravelingfree.com/>.

Contact: casey@traumaresolutionandrecovery.com & [Casey Bain, MS](#)

Social Media: Instagram: @traumaresolutionandrecovery and @unravelingfree.

Traditional Land: Traditional territory of the Arapaho & Cheyenne peoples.



Shira Collings (she/they)- Pre-Licensed Therapist and Coach

Specialties: Eating Disorders, Disordered Eating, Body Image Distress, Breaking Free from Diet Culture, LGBTQIA+, Neurodivergences, and Substance Use and Trauma Histories.

Therapeutic Modalities: Feminist therapy, CBT, DBT, MI, Body Trust/Health At Every Size, Disability Justice, and Trans and Queer Liberation.

Online Offerings: Online counselling to individuals in Pennsylvania and coaching online worldwide.

Sliding Scale: Yes.

Faith-Based: No.

Website: <https://www.rachemillnertherapy.com/shiracollings>.

Contact: shira.collings@gmail.com.

Traditional Land: Lives and works on the traditional land of Lenapehoking.



Amy Congdon (She/Her/Hers) - Title: Trauma Coach

Specialties: Purity culture and religious trauma, faith deconstruction, post-abortion experiences, and racial identity and trauma, including LBGTQ+ folks (including adolescents), polyamorous/ethically non-monogamous individuals, and those who are neurodivergent, especially with ADHD as well as autism.

Therapeutic Modalities: Body based trauma resolution modalities.

Online Offerings: Sessions offered online only.

Sliding Scale: Based on availability.

Faith-Based: No.

Website: www.traumaresolutionandrecovery.com

Contact: amy@traumaresolutionandrecovery.com & [Amy Congdon, MA](#)

Social Media: Instagram: @traumaresolutionandrecovery.



Amanda E.K. (she/her) - Reiki Healer + Creative Coach

Specialties: Reiki, the Enneagram, Dreamwork, Synesthesia.

Online Offerings: Yes, online worldwide.

Sliding Scale: Yes.

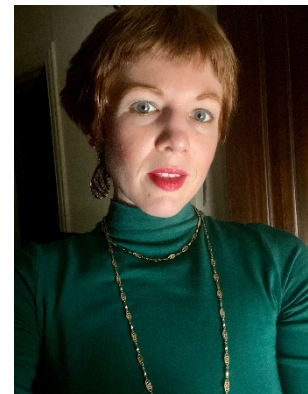
Faith-Based: No.

Website: <https://www.amandaekwriter.com/coaching-reiki>

Contact: amanda.ek.writer@gmail.com.

Social Media: Instagram @amanda.ek.write and Tik Tok @amandaek_creativecoach.

Traditional Land: Traditional territory of the Arapaho & Cheyenne peoples.



Sister Shannon/Shannon Gillie (she/her) – Coaching

Specialties: Helping individuals raised in Catholicism reclaim their sexuality.

Approach: Various coaching containers (group programs, masterclasses, private coaching, etc.) to create safe spaces for people who were raised in Catholicism to explore the many ways the religion impacted them and decide how they want to relate to it moving forward. Bodies are treated as locales of wisdom and wonder, and your capacity for sexual expression as a fabulous gift that you have the unequivocal right to enjoy!

Online Offerings: Yes. All services are offered online.

Sliding Scale: Yes.

Faith-Based: Yes.

Contact: hello@catholixwhohavesex.com.

Social Media: Instagram @itssistershannon.

Traditional Land: On the land of Myaamia, Kaskaskia, Shawandasse Tula, and Shawnee.



Kris Hamilton (they/them) – Registered Psychotherapist

Specialties: Religious/Spiritual Trauma, 2LGTBQIA+, Queerness, Polyamory, Kink, Alternative/Chosen Family, and Body Positivity.

Approach: Person-centered, EMDR, Generative Somatics, EFT, Existential, and IFS.

Online Offerings: Yes, both within Ontario and Globally.

Sliding Scale: Yes.

Faith-Based: Not faith-based but supports clients in their faith and spiritual practice if it aligns with their values.

Website: <https://xrisandpip.com/queer-somatic-psychotherapy/>.

Contact: kris.hamilton.therapy@gmail.com.

Traditional Land: Based in Tkaronto, Canada, under the Toronto Purchase Treaty No. 13. There are the traditional lands of the

Anishinaabeg, Huron-Wendat and Petun First Nations, the Seneca, and most recently, the Mississaugas of the Credit River.



Angela Herrington (she/her) – Faith Deconstruction Coach

Specialties: Faith Deconstruction, Religious/Spiritual Trauma, Deconstructing Misogyny, Racism, and Homophobia from the church.

Therapeutic Modalities: Life Coaching, Co-Active Coaching, Meditation, Visualizations, and Embodiment.

Online Offerings: Yes, internationally.

Sliding Scale: No.

Faith-Based: Yes, but this element only gets incorporated if the client brings it up.

Contact: clientcare@angelajherrington.com.

Websites: <https://angelajherrington.com/> and

<https://www.deconstructingfaithsummit.com/>

Social Media: @AngelaJHerrington for Instagram, Facebook, LinkedIn, and YouTube; @AngHerrington for Twitter; and @AngJHerrington for Pinterest.

Traditional Land: Operating and coaching all throughout Turtle Island.



Kelsey Hoff (she/her) – Canadian Certified Counsellor

Specialties: Challenging Family Dynamics, Anxiety, Stress, Congruent Living, Religious Trauma, Spiritual Abuse, Purity Culture, and Religious Deconstruction.

Therapeutic Modalities: Narrative Therapy, Family Systems Therapy, ACT, and a somatic/attachment-based trauma modality (called the Integrated Attachment and Trauma Treatment Model).

Online Offerings: Services fully online and see clients in all of Canada except Quebec.

Able to See Clients: Across Canada (except for Quebec) and internationally (depending on regulatory laws).

Sliding Scale: Yes.

Faith-Based: N/A.

Website: <https://findyourwaycounselling.com/>

Contact: kelsey@findyourwaycounselling.com; info@findyourwaycounselling.com .

Social Media: Instagram @kelseyhoff.counselling; YouTube channel: Kelsey Hoff Counselling.

Traditional Land: Lives on homeland of the Metis and the historic territory of the Cree, Saulteaux, and Assiniboine First Nations – in the area most recently defined as Treaty 6.



Jessica Hyne (She/Her/Hers) - Title: Trauma Coach

Specialties: Religious trauma and family of origin trauma. I often break religious trauma into two categories: 1) ruptured attachment to God or a belief system and 2) physical, sexual, emotional, or spiritual abuse at the hands of a church or religious community.

Therapeutic Modalities: Body based trauma resolution modalities

Online Offerings: Sessions offered online (*Online sessions and in-office sessions available to Middle-TN clients)

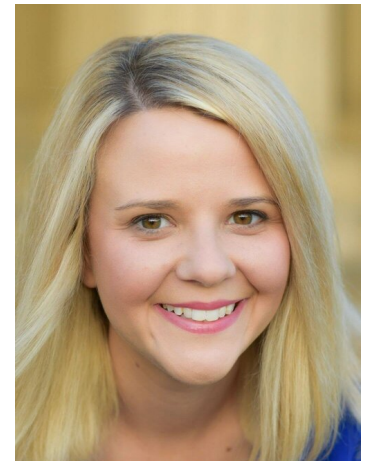
Sliding Scale: Based on availability

Faith-Based: No

Website: www.traumaresolutionandrecovery.com

Contact: jessica@traumaresolutionandrecovery.com & [Jessica Hyne, MA](#)

Social Media: Instagram: @traumaresolutionandrecovery



Eryn Johnson (she/they) – Breathwork Facilitator

Specialties: Religious trauma & purity culture and 2SLGTBQIA+.

Approach: Breathwork, embodiment, and meditation.

Online Offerings: Online Worldwide.

Sliding Scale: No.

Faith-Based: No.

Contact: eryn@living-open.com

Social Media: Instagram: @erynj_. Podcast called Living Open.

Traditional Land: Lives and works on Lenape land.



Lauren Johnson-Horn (She/Her/Hers) - Title: Trauma Coach

Specialties: Third culture kids, missionary/pastor's kids, parents, and LGBTQ+ clients. Healing from childhood and religious trauma, traumatic events, cults, domestic violence and abuse, and working through faith deconstruction.

Therapeutic Modalities: Body based trauma resolution modalities.

Online Offerings: Sessions offered online only.

Sliding Scale: Based on availability.

Faith-Based: No.

Website: www.traumaresolutionandrecovery.com.

Contact: lauren@traumaresolutionandrecovery.com & [Lauren Johnson-Horn, MA](#)

Social Media: Instagram: @traumaresolutionandrecovery.



Andrew Kerbs (He/Him/His) - Title: Trauma Coach

Specialties: Deconstruction, religious trauma, life transitions, identity, and existential issues, healing from purity culture and adverse religious experiences, and grief work.

Therapeutic Modalities: Body based trauma resolution modalities.

Online Offerings: Sessions offered online only.

Sliding Scale: Based on availability.

Faith-Based: No.

Website: www.traumaresolutionandrecovery.com

Contact: andrew@traumaresolutionandrecovery.com & [Andrew Kerbs, MA](#)

Social Media: Instagram: @traumaresolutionandrecovery.



Chris Lanterman (they/them) – Counselor and Coach

Specialties: Religious Trauma and Purity Culture.

Therapeutic Modalities: ACT, EFT/Tapping Developmental Model for Couples.

Online Offerings: Can do online therapy in Kansas and Missouri and coaching in the US and Canada.

Sliding Scale: No.

Faith-based: No.

Website: <https://christylanterman.com/>

Contact: Christy@LantermanTherapy.com

Traditional Land: Live and work on Kiikaapoi (Kickapoo), Washtáge Mo'zhá' (Kaw / Kansa), ᏍᏚᏚᏚ ᏊᏚᏚᏚ ᏍᏚᏚᏚ ᏊᏚᏚᏚ (Osage) and Ochéthi Šakówinj lands.



Jeremy Lehmann (He/Him/His) - Title: Trauma Coach

Specialties: Complex trauma, religious trauma, deconstruction, and adverse religious experiences. Focus is with LGBTQ+ adults and current and former “professional” ministry folks (including pastors and missionaries).

Therapeutic Modalities: Body based trauma resolution modalities.

Online Offerings: Sessions offered online only.

Sliding Scale: Based on availability.

Faith-Based: No.

Website: www.traumaresolutionandrecovery.com

Contact: jeremy@traumaresolutionandrecovery.com & [Jeremy Lehmann, MA](#)

Social Media: Instagram: @traumaresolutionandrecovery.



Erin Machen (she/her) – Psychotherapist and Coach

Specialties: Purity culture and religious trauma-informed, and specializes in general childhood trauma, anxiety, PTSD, disordered eating.

Therapeutic Modalities: Embodiment, Internal Family Systems, Brainspotting, Mindfulness, Emotion-Focused, Yoga, Feminist, and Person-Centered.

Online Offerings: Yes, in Arkansas for counselling, and worldwide for coaching.

Sliding Scale: Yes.

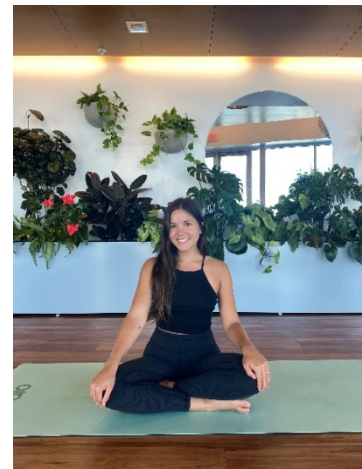
Faith-Based: N/A.

Website: <https://www.embodycy.com/>

Contact: erincmachen@gmail.com.

Social Media: Instagram @embody.cy.

Traditional Land: Practicing on Osage Territory.



Jennifer McGrath (she/her) – Movement Educator

Specialties: Religious Trauma, Sexual Abuse, Purity culture, embodiment, and social justice.

Therapeutic Modalities: Somatic Experiencing, Movement Educator, Narrative and Embodied Learning.

Faith-Based: No but works with individuals faith-backgrounds and non-faith backgrounds.

Website: <https://www.indwellmovement.com/>

Contact: jennifer@indwellcounseling.com

Social Media: @indwell_movement.

Traditional Land: Jenny lives in White Center, WA, the land of the Duwamish Tribe.



Kori Meyers (she/her) – Licensed Therapist and Coach

Specialties: Religious Trauma/Abuse/Deconstruction, Divorce, Trauma, Marital and Pre-Marital, Infidelity, Grief, Sexual Issues, Depression, Abortion Issues, and Women’s Issues.

Therapeutic Modalities: AEDP, EFT, Client-centered, and Embodiment.

Online Offerings: Yes.

Sliding Scale: Yes

Faith-Based: No.

Website: www.korimeyers.com.

Contact: Kori@korimeyers.com.

Traditional Land: Kori lives and practices on the traditional land of Cherokee, Shawnee and Yuchi.



Dan Miller (He/Him/His) - Title: Trauma Coach

Specialties: Religious trauma, adverse religious experiences, faith deconstruction, legacies of purity culture, LGBTQ+ identity, allyship, and parenting. Loss of social community and shared meaning, transitions within or out of professional ministry positions, and changing experiences of masculinity.

Therapeutic Modalities: Body based trauma resolution modalities.

Online Offerings: Sessions offered online only.

Sliding Scale: Based on availability.

Faith-Based: No.

Website: www.traumaresolutionandrecovery.com.

Contact: dan@traumaresolutionandrecovery.com & [Daniel Miller, PhD.](#)

Social Media: Instagram: @traumaresolutionandrecovery.



Camden Morgante (she/her) - Clinical Psychologist and Coach

Specialties: Relationship issues, marriage & sex therapy, spirituality, women's issues, purity culture recovery, shame.

Therapeutic Modalities: DBT, CBT, mindfulness and somatic based, and Gottman marriage.

Online Offerings: Online therapy available in the state of Tennessee, and online coaching available anywhere.

Sliding Scale: Yes, on a case-by-case basis.

Faith-Based: Christian, across the deconstruction spectrum.

Website: <https://drcamden.com/>.

Contact: camden.morgante@gmail.com.

Social Media: Instagram: @drcamden.

Traditional Land: Camden works on the traditional land of Cherokee.



Rachel Overvoll (she/her) – Somatic and Sexuality Coach

Description: Certified in Somatic Healing and Human Sexuality.

Approach: Embodiment, Breath Work, Somatics.

Online: Yes, online and some local in-person workshops in Colorado.

Faith-Based: No.

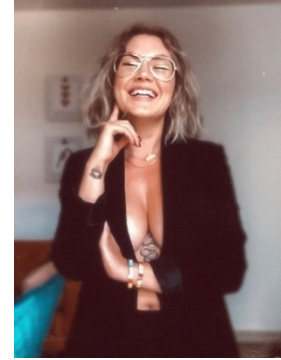
Sliding Scale: No.

Contact: contact@modernintimacy.com

Website: modernintimacy.com

Social Media: @rachelovervoll on Instagram and TikTok.

Traditional Land: Living and operating on the traditional lands of Arapaho.



Katie Poe (She/Her/Hers) - Title: Trauma Coach

Specialties: Resolving and recovering from religious trauma, healing from adverse religious experiences and purity culture, navigating deconstruction and/or deconversion with parents, and dealing with experiencing prolonged seasons of burnout- especially women and new parents.

Therapeutic Modalities: Body based trauma resolution modalities

Online Offerings: Sessions offered online only

Sliding Scale: Based on availability

Faith-Based: No

Website: www.traumaresolutionandrecovery.com

Contact: katie@traumaresolutionandrecovery.com & [Katie Poe, MA](#)

Social Media: Instagram: @traumaresolutionandrecovery



Chrissy Powers (she/her) - Therapist and Embodiment Coach

Specialties: Female Issues, Motherhood, Maternity, Working Moms, Women Finding Their Voice, Relationships, Transitions, Identity, PTSD/Trauma, Work/Career, Anxiety/Depression.

Therapeutic Modalities: EMDR, Nonlinear Movement, CBT, ACT, Somatic and Experiential therapy.

Online Offerings: Therapeutic telehealth can be offered in California only, but coaching can be offered online worldwide.

Sliding Scale: No.

Faith-Based: No, but having roots in evangelical Christianity, it can be incorporated if beneficial to the individual.

Website: <https://chrissypowers.com/>

Contact: chrissypowersmft@gmail.com

Traditional Land: Lives and practices in the traditional land of Kumeyaay/Kumiais.



Melissa Sulley (she/her) - Grief Coach

Approach: Coaching and companionship the bereaved.

Specialties: Pregnancy and Infant Loss.

Website: <https://josiahandco.ca/>

Online Offerings: Yes. Online worldwide.

Sliding Scale: Yes.

Faith-Based: No.

Contact: melissa@josiahandco.ca.

Instagram: @josiahandco.

Traditional Land: Lives and practices on the land of the Haudenosaunee, Attiwonderonk, Erie, Neutral, Huron-Wendat, Mississaugas of the Credit First Nations, Anishinabek peoples.



Tara Teng 鄧 (she/her) - Embodiment Coach/ Somatic Practitioner

Intersectional Specialties: Purity Culture, BIPOC & LGBTQIA2S+ intersectionality, birth trauma.

Approach: Somatics, Embodiment, Pleasure Coaching.

Faith-Based: Practitioner is personally not faith-based but works with clients who are across the full spectrum of spirituality from faith-based to ex-evangelical to no religious affiliation.

Website: <https://tarateng.com/>

Contact: hello@tarateng.com

Social Media: @misstarateng across all social platforms.

Traditional Lands: Tara lives, works and plays as a settler on the unceded traditional lands of the Kwantlan, Katzie, Matsqui and Semiahmoo People.



Amanda Savino (She/Her/Hers) - Title: Trauma Coach

Specialties: Religious, personal, family & intergenerational trauma; relational and systemic conflict; chronic pain, illness & disability; and deconstruction. Purity culture & high-demand/control group recovery. I offer trauma-informed yoga postures and practices, and other somatic tools for regulation, integration, and embodiment.

Therapeutic Modalities: Body based trauma resolution modalities.

Online Offerings: Sessions offered online only.

Sliding Scale: Based on availability.

Faith-Based: No.

Website: www.traumaresolutionandrecovery.com.

Contact: amanda@traumaresolutionandrecovery.com & [Amanda Savino, AS](#).

Social Media: Instagram: @traumaresolutionandrecovery.



Erica Smith (she/her) - Sex Educator and Consultant

Specialties: Sex education after purity culture: providing individual and group sex education that is queer inclusive, shame free, trauma informed, medically accurate, compassionate, and comprehensive.

Therapeutic Modalities: N/A.

Online Offerings: Recorded classes and a *Sexual Values Workbook* for purchase, individual virtual sessions, the Purity Culture Dropout Program, Purity Culture Dropout Queer Support Group. Custom classes, training, and speaking engagements upon request.

Sliding Scale: No

Faith-Based: No.

Website: <https://www.purityculturedropout.com>

Contact: ericasmith.med@gmail.com.

Social Media: Instagram @ericasmith.sex.ed, and Twitter @ericasmithsexed.

Traditional Land: Erica works on the traditional land of Lenape.



Kayden Vargas (they/them, he/him) – Licensed Psychologist (LP) and Coach

Specialties: Gender and Sexuality, Gender affirmation, 2SLGTBQIA+, Eating Disorders, Systems of Domination, Dismantling White Supremacy, Purity Culture.

Therapeutic Modalities: IFS-informed multi-cultural feminist modality, with integration of skills work and ACT.

Online Offerings: Yes! Counseling provided in Washington State. Coaching, training, and consultations online worldwide.

Sliding Scale: Yes.

Faith-Based: No, however, open to discussing faith-based themes with individuals.

Language: English and Spanish.

Website: <https://www.vccdrkmv.com/>.

Contact: vargas.kmv@gmail.com.

Social Media: @vccdrkmv.

Traditional Land: Kayden resides on Yakama land.



Tami Widmer (She/Her/Hers) - Title: Trauma Coach

Specialties: Deconstruction, spiritual identity, religious (and other) trauma, loss and bereavement, depression, maternal health/postpartum care, eating disorders, LGBTQIA2S+, veterans and partners of veterans with PTSD

Therapeutic Modalities: Body based trauma resolution modalities

Online Offerings: Sessions offered online only

Sliding Scale: Based on availability

Faith-Based: No

Website: www.traumaresolutionandrecovery.com

Contact: tami@traumaresolutionandrecovery.com & [Tami Widmer, MA](#)

Social Media: Instagram: @traumaresolutionandrecovery



Faye Williams (She/Her/Hers) - Title: Trauma Coach

Specialties: Navigating the effects of religious and purity cultures as well as narcissistic, sexual, and spiritual abuse. This may include addressing the common symptoms of depression, anxiety, OCD/religious scrupulosity, grief, and disordered eating.

Therapeutic Modalities: Body based trauma resolution modalities.

Online Offerings: Sessions offered online only.

Sliding Scale: Based on availability.

Faith-Based: No.

Website: www.traumaresolutionandrecovery.com.

Contact: faye@traumaresolutionandrecovery.com & [Faye Williams, BS](#).

Social Media: Instagram: @traumaresolutionandrecovery.

