



PHOENIX RISING, MSW, LSW

(ZE/ZIR/ZIRS OR SHE/HER/HERS)

(720)312-3278
phoenix@theartofselfhealing.org
48 CR 250 Suite 8
Durango, CO 81301

PROFILE

Founder and Licensed Social Worker with over 10 years working in the mental health and wellness field. An authentic leader and speaker whose childhood trauma and healing experiences inform zir professional passions and pursuits as a neurodivergent person.

SKILLS

Mental Health Counselor & Educator

Neurodivergent-affirming, youth and families, trauma recovery, psychedelic harm-reduction, evidence-informed practices, holistic wellness.

Founder & Leader

Program development and coordination, entrepreneurship, start-up, marketing, relationship building, consultant, speaker.

EDUCATION

New York University

Master of Social Work | 2011

- Clinical and Macro Practice
- GPA 3.81/4
- Dean's Award for Innovation in Social Work
- President's Service Award
- Social Justice Award
- Students of Color Collective, Racial Diversity Coalition, Direct Connect Mentoring, Unity Through Multicultural Education (VP)

University of Vermont

Bachelor of Arts in English | 2009

- Studio Arts Minor
- GPA 3.55/4
- English Departmental Honors
- Silver Torch Award
- Mortar Board Honor Society (President)

CAREER SUMMARY

Founder, Therapist, Coach, Trainer

The Art of Self-Healing Center | 2019 to present

- Founded an innovative online healing center offering neurodivergent-affirming therapy, life coaching and professional development
- Conducts approximately 20 sessions weekly of individual therapy and family collaborative work
- Creates and presents professional trainings on neurodiversity, best practices and interventions
- Works as an individual and group consultant
- Spearheaded and hosts monthly sensory neurodivergent therapist meetup
- Designed website, social media content, planned and executed marketing strategies

Founder, Therapist and Educator

Higher Consciousness Healing | 2017-18

- Founded a private practice in Denver, CO, providing holistic individual therapy, monthly community-building events for youth, and free online education
- Conducted empowering psychotherapy for those struggling with anxiety, depression, identity issues, and childhood trauma
- Aired 44 weekly live videos educating viewers on mental health topics from a spiritual and scientific perspective

Program Coordinator & Counselor

Girls Education & Mentoring Services | 2012-15

- Coordinated Family Court Advocacy and Mentoring programs in NYC and supervised
- Conducted individual sessions to support young trauma survivors of sex trafficking
- Organized weekly mentoring events
- Managed caseload of 15-30 clients



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LEADERSHIP

- Southwest Region Co-Representative, NASW-Colorado Chapter, 2023-2024
- President/Secretary, Neurodivergent Therapists' Monthly Meetup, 2022 to present
- Denver Region Co-Representative, NASW-Colorado Chapter, 2021-2023
- President, Specialized Therapist Monthly Meetup, Colorado, 2021-2022

SPEAKING

- Keynote Speaker, Neurodiversity Conference, Oklahoma State University - Tulsa, 2023
- Professional Development Speaker, Cedar Springs Hospital, Colorado, 2022
- Panel Speaker, Trauma-Informed Teaching, Coaching, and Managing, GlobalMindED Conference, 2021

VOLUNTEER WORK

- NASW-CO Board of Directors, 2021 to present
- Envision Festival, Costa Rica, 2019
- Psychedelic Peer Counselor, Zendo Project, Burning Man, Nevada, 2018
- Shambhala Music Festival, Canada, 2018
- Karma Farma CSA, Lakewood, CO, 2017-18
- Homeless Street Outreach, Denver, CO, 2016-18
- East Village CSA, NY, NY, 2012-14
- Educational Group Facilitator, GEMS, NYC, 2012

LICENSES & MEMBERSHIPS

- Licensed Social Worker, #9921402, Colorado 2016-2019, 2021-2025
- Licensed Master of Social Work, #084491, New York, 2011 to 2017
- NASW Membership, 2011 to present

PROFESSIONAL DEVELOPMENT

- Developing 21st Century Social Work Leaders, NASW, Washington, DC, 2023
- Schools of Social Work and Leadership, NASW, Development, Washington, DC 2023
- Leadership and Taking Risks, NASW, Washington, DC, 2023
- Leadership in the Age of Social Media, NASW, Washington, DC, 2023
- Monthly Neurodivergent Consulting Group, Holistic Child and Family, Seattle, WA, 2022
- Independent Study of Neurodivergent-Affirming Care and Best Practices, 2021-present
- Conscious Communication and Somatic Intelligence, Wild Core, Germany, 2021
- 36-Hour Spirituality and Social Work Practice Course, New York University, NY, NY, 2020-21
- The Way of the Shaman, The Foundation for Shamanic Studies, Asheville, NC, 2019
- 60-Hour Trauma Dynamics Training, Trauma Dynamics, Denver, CO, 2018-19
- BDSM, Kink, and ENM, Denver, CO, 2018
- Risk Management Training for Social Workers, NASW, Denver, CO, 2018
- Shamanism 101, Denver, CO, 2017
- Colorado Mental Health Professionals Conference, Colorado Counseling Association, Denver, CO, 2017
- Executive Leadership in the Non-Profit Sector, New York University, NY, NY, 2014
- Gangs and You, NY, NY, 2013
- DSM-5: Changes, Controversies and Impact on Clinical Practice, NYU, NY, NY, 2013
- Working with Clients who have Experienced Childhood Trauma, PCMH, NY, NY, 2012
- 200 Hour Yoga Instructor Certification, Yoga to the People, NY, NY, 2012
- Undoing Racism Workshop, People's Institute, NY, NY, 2011
- Social Workers and Religious Diversity, Interfaith Center of New York, NY, NY, 2010
- Anti-Violence LGBTQ Project Training, Anti-Violence Project, NY, NY, 2010