



Welcome!

**Counselor: Kait Keeley, MA, LPCC**

Somatic Therapist  
303.499.0844 x703  
kait@thebridgecenterforplaytherapy.com

**Philosophy & Approach:**

I hold a deep reverence for the wisdom of the body, and personally believe that connecting and listening to our embodied self is where transformation often begins. I have previously enjoyed time with kiddos as a friend, educator, caretaker, aunt, and mentor. As a therapist I bring an open and curious perspective, and integrate body awareness throughout the process as a way of listening, responding, and regulating. In the play room, I maintain an embodied presence in relationship with children while supporting the exploration and expression of their authentic selves in a safe and secure environment.

**Education & Training:**

M.A. in Clinical Mental Health Counseling	2023
Naropa Graduate School of Counseling Psychology	
Concentration in Somatic Counseling: Body Psychotherapy	
B.S. with Great Distinction in Humanities	2017
Shimer Great Books College of Chicago	
Certificate in 60-hr Integrative Somatic Trauma Therapy	2021
The Embody Lab	
Completion of 20-hour Transformative Therapy Training	2022

**Core Competencies:**

Trauma	Creativity	Body-based	Grief & Loss
	Polyvagal Theory	Expressive Arts	Aggression

**Supervisor:**

Bridget Borsdorf, MA, LPC  
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