

Alyssa Caldbeck, MS, LISW

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Alyssa Caldbeck, MS, LISW is an adoption-competent therapist with training and completion of the TAC (Training for Adoption Competency) program through the Center for Adoption Support in Education (CASE). She will have completed the requirements to be a Registered Play Therapist in 2017. In addition to providing mental health therapy in a child health agency along with occupational and speech therapists, she provides parent coaching (consultations) and trainings as well as community presentations and therapist trauma consultations/trainings.

Alyssa states, "In the 10-plus years I have been working with children and families, I have been most impacted by the struggles endured by families with children who have experienced trauma and attachment difficulties. Finding the right help can be so difficult for these families."

Alyssa knew in graduate school that she would seek training in EMDR therapy for trauma treatment. She completed the EMDR basic training while still in graduate school in order to work with the children and families affected by attachment and trauma difficulties. Although most of her work has been with adopted families, Alyssa states that she has also had the privilege of working with children in biological families who have also experienced trauma.

Alyssa's first advanced EMDR training was the Integrative EMDR and Family Therapy Model training through the Attachment Trauma Center Institute. Alyssa states, "I feel fortunate to have been trained in both EMDR and the integrative model so early on in my career because it has shaped my theoretical approach and understanding in such a profound way. I have been able to work effectively with challenging clinical concerns and feel competent in doing so. Receiving on-going consultation towards being certified was greatly beneficial to me, also, because it helped me go in a deeper direction and help my clients make critical shifts through the work." Alyssa states, "The on-going consultation was also a form of professional self-care for me." Alyssa's career plans include helping others become more skilled clinicians. She wants to continue on with consultations to become an EMDRIA-approved EMDR consultant. Alyssa states that her dream is to help spread the word regarding the EMDR and family therapy integrative model so that the approach could become a part of the programming in adoption agencies, youth shelters, and residential facilities.