

Rebecca Mahan-Strupp, MA-LPC

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Families experience stress, pain, worry, embarrassment, and guilt when navigating children's anxiety, outbursts, and day to day struggles at home and school. Look for therapy that helps your child's need for connection while maintaining your child's while maintaining your own sanity!

As a Licensed Professional Counselor and fully certified EMDR therapist, Beckie uses an attachment theoretical orientation to blend the science of connection with the power of healing. She strives to bring compassion, warmth, and a direct yet collaborative approach to working with her clients. She frequently hears "I feel like I'm going crazy!" or "no one else is seeing this!" when talking to parents who are dealing with intense, attachment seeking behaviors.

When people feel overwhelmed, numb, disconnected, hopeless, or stuck they experience a loss in happiness, pain in relationships, and a lack of productivity. Therapy is helpful with these issues in more ways than teaching coping skills. The science of connection helps people find a way to a sense of feeling "okay" — maybe for the first time in years or for the first time, period. Beckie believes in helping parents understand their child's need for connection while maintaining their own sanity. For all clients, work together includes strategies from trauma-informed care and neuroscience to help increase calm, reduce negative thinking and anxiety, increase health in relationships, and improve productivity in school, at work, or at home.

Based on her six years of experience doing in-home therapy, plus her years as an outpatient psychotherapist, Beckie has direct insight and personal experience observing children's anxiety, outbursts, and day to day struggles in both home and school settings. Beckie has worked closely with families to navigate psychiatry appointments and IEP/504 meetings.

Beckie works with children 4+, adolescents, parents and families, and one on one with adults. Her clients often experience pre- and post- adoption struggles, anxiety, chronic stress, PTSD and complex trauma, school stress, attachment issues and reactive attachment, dysregulation, suicidal ideation, dissociation, sensory issues, depression, and mood disorders. Beckie provides parenting and cross household parenting consultation, and often works one on one with parents and caregivers for their own anxieties, chronic stress, and caregiver fatigue. Beckie also works with first responders. Her background as a "police wife" of 13 years brings an understanding of the struggles of wellness versus cashing out comp time, shift work, work stigma, and feelings of being broken. Beckie's office space includes access to the Sensory Motor Arousal Regulation Treatment (SMART) area, including a trampoline and exercise balls. Her office also has giant bean bags, weighted blankets, Legos, and toys for therapeutic play!

Beckie is certified in the Integrative Attachment Treatment Protocol for Children (IATP-C) with the Attachment Trauma Center Institute, and is a fully trained TF-CBT therapist. Her interventions also include CBT, DBT, attachment narratives, and parts work.

Beckie is a consultant-in-training (CIT) through EMDRIA for other EMDR and IATP-C clinicians. She provides one on one supervision for fully licensed and training licensed staff interested in working with children and adolescents.

M.A. in Clinical Psychology, Cardinal Stritch University

Certificate in Traumatic Stress Studies, The Trauma Center at JRI

B.A. in Psychology and minor in Criminal Justice, University of Wisconsin-Whitewater

Member of EMDRIA, the American Counseling Association, the American Psychology Association, and Psi Chi

In her free time, Beckie can be found drinking coffee, snuggling her German Shepherds, cats, and rabbits, snowboarding, gardening, reading, and tabletop gaming.