

Wendy Copeland, MS, LPS
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Wendy specializes in trauma recovery and healing; this includes acute trauma, PTSD, childhood and developmental trauma, and intimate partner trauma. She also has a skill set specializing in helping people with a variety of mental and emotional challenges. This includes anxiety, OCD, depression, mood disorder, grief and traumatic grief, adoption/foster/kinship foster, attachment wounds, co-dependency, relationship issues, and process addiction. Wendy also provides support for individuals and families who desire to integrate their personal faith in their healing process.

Wendy's professional background includes clinical skills from hospital and outpatient settings, including acute inpatient and intensive outpatient mental health and substance recovery, hospice and bereavement, community mental health, and traumatic brain injury rehabilitation. Wendy is the Senior Staff therapist at Stonebriar Psychiatric Services in Frisco, Texas, where she has served for more than ten years.

Following her EMDR basic training, Wendy participated in the IATP-C training due to her interest in integrating individual and family EMDR services from an attachment-based model. She also participated in individual and group consultation with the Attachment Trauma Center Institute. Wendy explained, "I was drawn to Cathy, Debra, and Stefanie's work, as they demonstrate a solid understanding of TBRI principles and implement a treatment orientation addressing the person as well as the attachment. As a relationship therapist who incorporates interpersonal neurobiology and attachment in my work, their model was a next evolution in integration of best practices!" She added the she holds "a deep appreciation for the team integrative approach, the practical and helpful strategies, and the emphasis on solid support and educational information for caregivers and families." Wendy incorporates a variety of empowering resource materials into her therapeutic work with children, teens, and families.

She expressed thankfulness for resources such as the Integrative Parenting book (Wesselmann, Schweitzer, and Armstrong; 2014) and the parenting videos (atcinstitute.com). "I deeply value the attachment-minded and neurobiologically-informed insights, principles and strategies that these resources provide."

In her work, Wendy enjoys assisting caregivers to also attend to their own personal work, as well as their role in parenting the children and teens in their charge. Wendy holds to a wise saying from Dr. Karyn Purvis from TCU, "You cannot lead a child to a place of healing if you do not know the way yourself." As a relationship therapist, she holds to the tenet that the wounds that happen in relationship will also need to heal in the context of a safe relationship. She explained that, "A trust-based nurturing relationship is a sacred space by which people are empowered to heal." She finds joy in helping people find meaningful healing.