

Teresa Brown, M.Ed., LPC, RPT, received her undergraduate degree from LSU and her master's degree from the University of Houston Victoria. She worked in education for 15 years as a teacher and school counselor. Teresa feels extremely fortunate to have had the opportunity to do her internship as part of the family team with Mary Ring, MAMFC, LPC-S at Julianna Poor Memorial Counseling Center. This is where she began learning about attachment and trauma and the effectiveness of EMDR and the Integrative Attachment Trauma Protocol (IATP) for children. Teresa explains that she decided to experience EMDR therapy for herself and discovered miraculous results in her own life. She attended EMDR basic training and began implementing it with children immediately. Next, she studied the Integrative Team Treatment for Attachment Trauma manual and then attended the online IATP training. Teresa states that she has discovered the model to be the most effective and efficient way of helping the children and families she works with. One of the first cases in which she applied the model was for a child in a residential treatment center. The child was able to be discharged from residential after 3 months and family members celebrate as he continues to thrive and do well.

Teresa has discovered that attachment problems affect a multitude of the families she works with, including those who have been impacted by stressful pregnancies, foreign adoptions, foster care, and medical problems. She states, "That is where my heart is. I am so privileged and humbled to be able to do this work with these kids and to bring them hope. The parents say that this is different from what we have ever tried. When parents see their child work through traumas and gain a new perspective, it touches them. Having the parent in there and doing that work makes so much difference."

Teresa is in the process of bringing in new therapists who are getting trained in EMDR and the IATP and is officially opening a new space: The Attachment and Trauma Center of Houston. Teresa and her colleagues are excited to treat more children and families through the team approach and expansion of their services.

In her off times Teresa enjoys trying new foods, caring for her 3 rescue dogs, spending time with family, and traveling.

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