

Contact Information:

Lindy Swimm, LCSW

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Lindy Swimm, LCSW is an EMDRIA-approved consultant, certified in the EMDR and family therapy Integrative Attachment Trauma Protocol. Lindy is a licensed social worker with Creative Therapy Services in Culpeper, Virginia. She works primarily with foster and adoptive families and traumatized children. She has worked in the areas of trauma, attachment, sexual assault, and domestic violence for thirty years.

Lindy trained through the Mary Ainsworth Clinic and is certified in the Circle of Security training. She is extensively trained in play therapy and in art therapy. She explained that although she still uses these methods, none of them provide a way to work directly with the children as well as the parents to help them with challenging behaviors related to trauma such as elimination and food problems. She decided to get trained in the Integrative Attachment Trauma Protocol after she attended a training on the model at EMDRIA in Washington, DC. "When I saw the EMDR and family therapy work with the kids, the parents, and the trauma, it made so much sense to me." Lindy was excited by the results and decided to continue with consultation and certification in the EMDR and family therapy integrative model.

Lindy received her master's degree in art education therapy from Southeastern Massachusetts University. She later received a master's degree in social work from Virginia Commonwealth University. Early in her career, Lindy ran an art therapy program and a residential program and worked with an annual festival called a Very Special Arts Festival. She was the director of a special needs program for adults and later was director of a children's domestic violence and sexual assault program. Lindy was also director of an intensive in-home counseling program. Lindy authored grant-funded books for kids on domestic violence including one called "Visitation Through the Eyes of Children" and one called "Going to Court."

Lindy has gravitated towards private practice in order to be able to utilize her creative thinking process and incorporate her art therapy background into her work. She states, "I believe that when we are working with children we have to be flexible and utilize what will work best for each child."

Lindy grew up and worked in Massachusetts but has lived in Virginia for the past twenty years. She continues to have a passion for art and feels extremely fortunate to be working in a field that she absolutely loves. She states that she and her partner of 22 years have been blessed with a beautiful home in Virginia with horses and chickens and dogs and cats and now a 2 ½ year old daughter. She states, "Having a child of my own after all these years has opened my heart further and given me so much more empathy for the parents I work with."