

## **Jennifer Snow Consulting & Counseling, LLC**

Jennifer Snow is an LPC in the State of Pennsylvania. She received her Bachelor's Degree in Family Studies from Messiah College in 2002, and her Master of Science in Counseling Psychology from Chatham University in 2009.

For the first 13 years of her career, Jennifer worked in a Substance Abuse Residential Setting in a variety of counseling and supervisory roles. She spent approximately a year working as a therapist in a community agency that specializes in the treatment of Children and Families involved with CYS and the Foster Care System before shifting into a trauma focused approach to counseling in private practice over ten years ago. with .

Jennifer became trained in EMDR in 2018 and became a certified EMDR Therapist through EMDRIA in 2020. She is also a CIT under the supervision and guidance of Amber-Stiles Bodnar. Jennifer focuses on utilizing EMDR to treat PTSD, C-PTSD and for other places where clients feel "stuck" in their growth journey. She also enjoys utilizing CBT, DBT and other mindfulness strategies as resourcing skills.

For more information about Jennifer's services, including her individual and group consultation dates, and scheduling information email her at:

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