

SPOTLIGHT



CHRISTINA POLINO, MARIA PARKER, MARCY BRIMO, AMY CROSS-VIOLA, AARON ROSENBAUM

BryLin Outpatient Mental Health EMDR Therapists & EMDR Consultant Marcy Brimo



Marcy Brimo

Marcy is a therapist and consultant. She has trained many therapists in the area. She helps the ByLin therapists hone their skills with both individual and group consultation. If you're interested in therapy or consultation, find more info here:

<http://www.thirdwavepsychotherapy.net/>

What do you like best about EMDR?

"EMDR is effective because it helps a client resolve issues on the very deepest level to resolution and then allows them to gain the psychological flexibility that was not possible before the work. I like that it is the most client centered therapy that I know."

What do you like best about being a consultant?

"I am a teacher at heart and love to share my knowledge and enthusiasm to other therapists."

Share one fun fact about yourself! :)

"I went to California in the Summer of 1969 in a WV Camper Bus with 2 dogs and 2 friends."

Christina Polino

“Having EMDR in my tool box is such a amazing gift! I love EMDR because it is incredibly effective! I am passionate about working with LGBT+ individuals. I am a reiki practitioner. I love yoga, meditation, expressive arts, and music. I have worked as a facilitator of meditative movement/dance with children, adults and fellow helping professionals. I take a more holistic approach to the work, celebrating the connection between mind body and spirit.”

Maria Parker

“I love how versatile EMDR is, in that it can help people with a variety of issues and can be used with many different protocols. Because of its wide array of uses, I am able to incorporate EMDR into my therapeutic practice everyday with a majority of my clients. EMDR has allowed me to help my clients not only resolve past traumas, but also improve performance, reduce physical pain, decrease avoidance with even basic activities, decrease/eliminate eating and body image issues and much more.”

Maria is also a professional classical singer and performs as a soloist as well as with a professional a capella choir.

Amy Cross-Viola (Clinic Director)

“I love that with EMDR the client’s brain is doing the real work. I’m just there helping to facilitate the process. It’s such an amazing and empowering experience for clients, especially the clients that have been in and out of treatment for decades with little or no success.”

Amy has traveled to Tanzania twice and she sits on the board of Faraji Foundation, an organization that promotes sustainability, education and healthcare in rural Tanzania.

Aaron Rosenbaum

“EMDR is a comprehensive tool set that gives clients hope for not just coping with mental health symptoms, but actually healing from them permanently. I have personally seen people who have suffered their whole lives with severe symptoms and within 3-6 months of focused EMDR work see a sense of peace they have never known before treatment. “

Aaron lived in a Cabin in Vermont without running water or any heating other than a wood stove for a year while he was practicing Child, Family and Adult counseling at a local counseling agency.

4 Reasons to See (or Be!) an EMDR Therapist at BryLin Outpatient

1.) They (the EMDR therapists) receive ongoing individual and group consultation from Marcy Brimo on a biweekly basis

2.) They are SUPER friendly. Everyone was smiling :)

3.) Marcy has two awesome therapy dogs that she brings with her to consultation

4.) They LOVE what they do

5.) BONUS! The building has ample parking in the parking lot and is located right across the street from Wegmans on Sheridan.

NEW GRADUATES

Congrats on completing EMDR training!

Michelle Atallah

“I like that EMDR is versatile and can be applied to diverse populations. I also appreciate the efficacy of EMDR, and the potential to desensitize a traumatic memory in as little as one session.”



Michelle is an avid animal lover and has been a vegetarian for over 20 years.



Carla Khul

“I get goosebumps everytime I engage in this therapy with my clients.”

Carla loves using Shrinky-Dink!

Shaun Crimmins

“The thing I like most about EMDR is the moment of relief and sometimes surprise clients experience after desensitizing a target and remark that the painful memory doesn't bother them any longer.”



Shaun writes in his free time and has two manuscripts completed and ready to seek publishing.