



## Jennifer Finch

SOMATIC + TRAUMA  
PSYCHOTHERAPIST, M.A.,  
LPC, NCC, SEP, CBCT  
MEDITATION COACH

📍 Roswell, GA 30075

✉ jencfinch@gmail.com

🌐 [www.beherenowmindfulness.com](http://www.beherenowmindfulness.com)

📱 @beherenowwithjen

### PROFILE

- Owner/Founder of Be Here Now Mindfulness, LLC
- Private Practice Somatic Experiencing Trauma Psychotherapist
- Content Creator/Instructor of Established Courses, Workshops, and Seminars for Healthcare Professionals, Educators and Corporate Businesses

I am a body psychotherapist with extensive holistic knowledge of the body-mind connection. I am experienced in crisis care and trauma. I have 20+ years of study in mindfulness, embodiment, somatic and other bio-psycho-social-spiritual modalities and practices.

### SKILLS

20+ years Experienced Licensed Professional Counselor State of GA LPC004375

20+ years Experienced Certified Meditation Instructor/Coach

Leader/Public Speaker in Field of Cutting Edge Somatic + Analytical Contemplative Sciences

## WORK EXPERIENCE

### FOUNDING DIRECTOR + OWNER

*Be Here Now Mindfulness, LLC*  
*International*

Sept. 2012 - Present

- Private Practice Somatic Based Psychotherapy
- Private One on One Meditation Coaching
- Instructor of Self-Created Course Content, and Certified Content of Programs for Healthcare, Educators and Business Professionals

### LICENSED PROFESSIONAL COUNSELOR

*Myriad Clinical Settings GA + NC*

Jan. 2001 - Sept. 2012

- Provided counseling in residential inpatient, outpatient, intensive outpatient, correctional facilities, court ordered treatment facilities homeless shelters, domestic violence centers, community mental health centers and university settings
- Provided treatment in hospital emergency departments and hospital medical settings

### SUBSTANCE ABUSE ADDICTIONS COUNSELOR

*University of NC-Asheville*

July 2003 - March 2004

- Worked in University Counseling Center
- Director and Creator of University Mental Health and Substance Abuse Programming
- Instructor of Student Life Courses

## EDUCATION HISTORY

### Masters in

**Counseling Psychology**

August 1999 -May 2001

**Appalachian State University**

- Graduated Summa Cum Laude
- Studied Bowen Family Systems, addictions, body-mind expressive arts, crisis stabilization, and ethics
- Internship at Duke Addictions Program: Duke Medical School

### BA in

**Geography+ Environmental Science**

Aug. 1992 -Dec 1995

**University of Wisconsin-Madison**

- Studied the scientific application of humanity, concerned with human behavior, human biology, cultures, societies and environments

### Post-Graduate Credentials

- Completed 2021: Somatic Experiencing Practitioner-SEP (A 3-Year Post-Graduate Instruction)
- Completed 2017: CBCT® Certified Cognitively-Based Compassion Training Instructor - Emory University (A 2-Year Post-Graduate Instruction)