

Einat Nahary Lavi

Specializes in working with women with chronic illness and/life transitions

My name is Einat Nahary Lavi, and I am a Registered Mental Health Counselor Intern in the state of Florida, currently completing my supervised clinical hours toward licensure. I hold a Master's degree in Creative Arts Therapy from the University of Haifa in Israel, with a specialization in Psychodrama—a creative, action-based therapeutic approach that integrates creativity, movement, and emotional expression. My professional background combines clinical mental health counseling with expressive arts, mindfulness-based interventions, and holistic, body-aware approaches. I have experience working with individuals navigating anxiety, depression, trauma, chronic illness, and major life transitions. I am especially passionate about supporting women through periods of change, including postpartum challenges, identity shifts, and issues related to self-esteem and body image. I believe therapy is a collaborative and compassionate process. My approach is client-centered, trauma-informed, and strengths-based, drawing from cognitive, attachment-oriented, behavioral, and other modalities. I often integrate mindfulness, somatic awareness, and creative interventions to help clients reconnect with themselves, regulate emotions, and develop practical tools for everyday life. I am committed to creating a safe, nonjudgmental, and culturally sensitive space where clients feel seen, supported, and empowered to explore their inner world at their own pace. I work with adults from diverse backgrounds and am fluent in both English and Hebrew.



Sharlene Wrighton

Sharlene Wrighton is a master's-level student at Bellevue University with experience with working with a diverse range of clients.

Her therapeutic approach is client-centered and tailored to each individual's needs, drawing from evidence-based modalities such as Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and a multicultural framework to support effective and culturally responsive care.

