

Deanna Seather-Brady, LICSW, MAC

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Counselor Disclosure

I have 20 + years experience working with individuals, families and groups in a variety of clinical settings with an emphasis in emotion regulation, trauma, grief and addictions treatment. My professional experience includes children and adolescents. In addition to my private practice I am an Emergency Room social worker.

I utilize an integrative approach that is individualized to the needs of each client. My work is primarily influenced by relational, attachment, trauma (complex trauma/PTSD), experiential, and behavioral theories. I received a 2 year degree in addictions counseling in 1996, a BA in Liberal Studies with an emphasis in psychology and multicultural studies at Antioch University Seattle in 2009, and a graduate degree in clinical social work at Smith College in 2012. I am also trained in Dialectical Behavioral Therapy (DBT) and Eye Movement Desensitization and Reprocessing (EMDR).