

Amy L. Silva, M.A.

Psychotherapist PA License # BH001022

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EXPERIENCE

C.T.Watts & Associates – Psychotherapist

June 2019 - present

Harrisburg, PA

Capital Area Intermediate Unit – School based mental health counselor

August 2007 - December 2019

Mechanicsburg, PA

Quittie Glen – Psychotherapist

February 2013 - November 2015

Annville, PA

YWCA – Executive Assistant

Domestic Violence Shelter

August 2006 - July 2007

Harrisburg, PA

Baird Center for Children & Youth – Family Therapist

May 1993 - March 2000

Burlington, VT

EDUCATION

Pennsylvania State University

M.A. Community Counseling Psychology 1993

Lyndon State College

B.A. Psychology 1989

SKILLS

Trauma certified therapist;
Dr. Sam Himmelstein

Dyadic Developmental
Psychotherapy trained; Dr.
Daniel Hughes

Highly Specialized in treating
youth with developmental
disabilities and co-occurring
MH needs; Dr. Richard
Mattison

Mindfulness and breathing
practitioner

Certified Crisis intervention;
JKM

Extensive experience in a
collaborative dynamic MH
team approach

Trained in CBT, ERP and
Psychodynamic therapy for
depression and anxiety; Dr.
James Tallmadge

Certified in Maternal Mental
Health through Post Partum
Support International

QPR suicide prevention
trained

Specialized in attachment
trauma; Dr. Jon Baylin

PROJECTS

Massachusetts General Center for Women's Mental Health Discussion Panel participant

Postpartum Mental Health Group Facilitator

UC Davis MIND Institute ECHO Autism clinic panel member

Trainer for Educators on Trauma in the Classroom

CAIU 2019 Innovation Grant Recipient

Ask the Right Question Parent trainer

Family Roadmap Trainer

Focused on family systems and parent-child interaction;
Dr. Robert Jimerson

Family Roadmap Trainer

ATTRIBUTES

- Empathic
- Creative
- Innovative
- Curious
- Diversified
- Dependable
- Collaborative
- Responsive
- Family focused
- Client centered
- Holistic
- Wellness focused
- Relational
- Accepting
- Passionate about quality
- Accessible
- Mental health care for all