



Practice Update

A Note from Dr. Jim Kemp

As we all welcome springtime in Denver we are also excited about several developments blooming here at CCC. For starters, we are very pleased to welcome Suzanne Meli to the team. Suzanne brings a lot of energy and passion to her work as a therapist and she has already started helping our clients make positive changes. Suzanne and I both share a specialty in working with couples and we are looking forward to the Emotionally Focused Therapy training this month.

Suzanne will be taking this 4-day intensive and I will be there to support therapists learning this powerful model. In addition to offering expanded options for our couples clients, we are preparing to add to our group offerings.

Be on the lookout for a parenting support group and an additional men's group. We are also adding psychedelic assisted therapy this year (read more below). Happy Spring!

@CollabCounseling
Info@DenverCCC.com
www.DenverCCC.com



CHECK OUT OUR NEWEST
BLOG POST:

FIRST RESPONDERS:
RECOGNIZING THEIR TRAUMA
BY: SUZANNE MELI M.A.



New Team Member



Meet Suzanne Meli M.A.!

I earned my graduate degree in counseling from Regis University and my undergraduate business degree from The University of Arizona. I am a wife of 18 years and a mother of two (ages 14 & 10). I enjoy snowboarding, traveling, camping, hiking and paddleboarding.

As a therapist, I believe the best therapy happens in two stages. The first stage is solution-focused with the intent of getting some relief from your pain, ASAP. Once you are feeling more stable, then we begin the work of digging deeper to address the really painful stuff that often has a habit of showing up when it is least convenient. Being married to a first responder, I have a passion for working with this population.



Psychedelic Assisted Therapy

As you may have heard, Psychedelic Assisted Therapies (PAT) have been getting a lot of attention recently, and for good reason. These therapies have shown incredible results in trials helping clients heal from trauma and make profound leaps forward in their personal growth. Ketamine assisted therapy is already legal and available while several other medicines are on the horizon, including MDMA and psilocybin.

Last year, Dr. Kemp completed a year-long training in PAT through the Integrative Psychiatry Institute in Boulder. This training aligns with the best practices being researched and applied from the last 10 years of study from organizations like the Multidisciplinary Association of Psychedelic Studies (MAPS). At CCC, we are developing a PAT program and will launch it later this year.

@CollabCounseling
Info@DenverCCC.com
www.DenverCCC.com



CHECK OUT OUR NEWEST BLOG
POST:

[FIRST RESPONDERS:
RECOGNIZING THEIR TRAUMA
BY: SUZANNE MELI M.A.](#)





Upcoming Groups- Men's Group & Parenting Group

Group therapy offers individuals a chance to work and make changes in an immersive, supportive way. Dr. Kemp has been facilitating a men's group since 2013. This group taps into a real need for men in our culture and demand for this group has been phenomenal. As such, we are planning to add an additional Men's group and are currently seeking a male therapist to co-facilitate.

In addition, Suzanne will be starting a parenting group. This group will be starting in September and will be held on Tuesday evenings. Contact Lisa to get on the list for either group: Info@DenverCCC.com

Work with us today

Have any questions about our services?

Contact our Client Connection Specialist, Lisa:
Info@DenverCCC.com

[SCHEDULE HERE](#)

@CollabCounseling
Info@DenverCCC.com
www.DenverCCC.com

