

## **Personal Bio Example**

Sam Johnson has spent his life using his personal and career experiences to help his clients overcome post-traumatic stress disorder and provide them with the support they need when their life seems to be more than they can handle. As the son of a Vietnam veteran, he knows how post-traumatic stress can affect every facet of one's life as well as the lives of their loved ones. While his focus is on veteran care, he also provides services for children, adults and families who are dealing with traumatic situations of their own.

He knows there is no single approach that works for everyone, so he continues to educate himself on emerging therapies and psychological trends to provide the most comprehensive program that works for each of his client's individual needs. He has experience in Gestalt Play Therapy, Somatic Experiencing, Relational Gestalt Therapy and many others.

He received his education at the University of Massachusetts with a Master's in Counseling Psychology and a Doctorate Degree in Clinical Psychology. He also holds a Bachelor's in Psychology from Michigan State University. He is an avid researcher, and his work has been published in Psychology Today and American Psychologist.

Sam is currently in private practice in Boston where he lives with his wife and two young children.

Connect with Sam:

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