



# Caroline Peterson

MINDFULNESS + CREATIVITY + WELL BEING

## Psychotherapy

## Art Therapy

## Mindfulness-Based Stress Reduction (MBSR)

Caroline is a licensed professional counselor (LPC) in Pennsylvania. A board-certified art therapist, ATR-BC, she received her clinical training at Hahnemann, now Drexel University, and is a former research associate and clinical interventionist at Thomas Jefferson University. She received advanced training with Jon Kabat-Zinn & senior staff at the Center for Mindfulness at the University of Massachusetts Medical Center to teach MBSR. Caroline originated Mindfulness-Based Art Therapy, which has been the focus of two NIH-funded research studies for persons with cancer.

## Goals of Therapy

Decreased psychological distress and increased health-related quality of life for persons coping with the normal and exceptional challenges that life offers.

## Approaches to Therapy

Caroline offers both single and complimentary multi-modal therapy services. This approach, integrating psychotherapy, art therapy, and/or mindfulness skills training, allows treatment to be tailored to each individual client based on their presenting issues and personal goals, and doing so utilizing current evidenced-based modalities to maximize benefits.

## Areas of Specialization & Interest

- ❖ Persons diagnosed with cancer, other medical illnesses and their caregivers.
- ❖ Persons feeling challenged by their health, personal, and/or professional status or goals.
- ❖ Persons experiencing anxiety, depression, pain, life change or loss, or an overall lack of vitality.
- ❖ Women's health issues.

## Fees

Sliding scale, out of network provider.

### LICENSED PROFESSIONAL COUNSELOR

Mindfulness-Based, Art + Traditional Psychotherapy  
Mindfulness Meditation Skills Training

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