



Darcy Gingerich, M.Ed., LCMHC, LADC holds two Master’s degrees from Ohio University—one in Fine Arts in Acting and one in Clinical and Agency Counseling (1994). Her expertise includes the treatment of trauma, substance abuse, anxiety, depression and PTSD. Darcy is trained in Dialectical Behavior Therapy (DBT) and the use of Eye Movement Desensitization and Reprocessing (EMDR). She is also trained in Sensorimotor Psychotherapy Trauma Treatment. Her clientele includes people questioning or living with diverse sexual orientation and gender identities.



Marc Laurens, LICSW, received his Master’s degree in Social Work from the State of New York University at Stony Brook. With more than thirty years of experience working individually and in groups with adults, couples, and families, he specializes in the treatment of anxiety, depression, post-traumatic stress disorder, addictions and chronic pain. Marc also has extensive experience in treating substance abuse. He is a smoking cessation facilitator for the state of Vermont and has experience in behavioral pain management.



Jenny Karstad, MA, LADC, LCMHC, received her Master’s degree in Counseling Psychology from Antioch University New England in 2004. She is dually licensed as an Alcohol and Drug Counselor and a Clinical Mental Health Counselor. Jenny has many years of experience at the Brattleboro Retreat helping people who are living with anxiety, depression, trauma, and substance use disorders. Trained in a variety of approaches including sensorimotor, cognitive, and relational modalities, Jenny utilizes an individualized holistic approach to health and wellness.



Heidi Peterson, MSW, LICSW, Certified EMDR Therapist, has a master’s degree in clinical social work from the Smith College School for Social Work (1989). She is intensively trained in Dialectical Behavior Therapy (DBT) and integrates mindfulness approaches into much of her therapeutic work. Heidi’s specialties include using Eye Movement Desensitization and Reprocessing (EMDR) to treat post-traumatic stress disorder and other after-effects of trauma, mood disorders (i.e., depression, bipolar disorder, anxiety disorders), dual diagnosis (co-occurring mental health and substance abuse) and grief and life changes. She is also skilled in couples therapy and brief solution-focused therapy.



Judy Katz, MSW, LICSW, has a Master’s degree in Social Work from Columbia University. Her entire career has centered on working to help adults, teens, children and families. Judy has extensive training and experience in the areas of substance abuse, emerging adults, multicultural issues, and family dynamics. She also has Level 1 and 2 EMDR training for trauma treatment. Judy works with adults who are struggling with depression, anxiety, grief, trauma, transitional issues, parenting issues, and gender identification. Her approach is systems oriented and “eclectic” utilizing cognitive behavioral, positive psychology, and solution-focused therapy.



Colin Polnitsky, LICSW, is a graduate of Smith College School for Social Work. His experience includes outpatient therapy, college counseling, hospice, and a holistic, community-based “semi-residential” treatment program. He uses a collaborative approach that is individually-tailored, relational, mind/body-centered, mindfulness-based, and trauma informed. He is trained in Internal Family Systems, Sensorimotor Psychotherapy, and Deep Brain Reorienting. Colin’s therapy framework is based on the concept that even during times of emotional struggle and confusion we all hold the seeds of clarity, resilience, and well-being.



Laura Kelloway, LICSW, is a graduate of Hampshire College who received her Master’s degree in social work in 1997 from the University of Denver. Laura provides psychotherapy services for children, adults, and families experiencing issues such as loss, separation, and divorce. Her areas of expertise include depression, anxiety, trauma, and ADHD. Laura’s treatment approach is tailored to individuals and their unique circumstances and is often cognitively or family-systems-based.



Paul Rodrigue, MA, LMFT, completed his education with a master’s degree in Counseling Psychology from Antioch New England Graduate School. He has 20 years of experience working with teens and adults in a variety of settings including community mental health and a holistic healing clinic. Paul specializes in working with clients who experience stress, grief/loss, depression, anxiety disorders, OCD, ADHD, and trauma-related conditions. His approach to therapy weaves together mindfulness and mind/body practices. Paul values diversity, inclusion, environmental ethics, respect, self-compassion, and reciprocity.

On the campus of the Brattleboro Retreat, Anna Marsh Lane, Brattleboro, VT, 05301

Visit us at brattlebororetreat.org/amc • Call today to make an appointment 802-258-3700

On the campus of the Brattleboro Retreat, Anna Marsh Lane, Brattleboro, VT, 05301

Visit us at brattlebororetreat.org/amc • Call today to make an appointment 802-258-3700.



Anna Marsh Behavioral Care Clinic Staff Directory

Outpatient psychotherapy services to help individuals and families address a wide variety of issues including depression, anxiety, trauma, relationship problems, addiction, and more.



Jason Schmotzer, Ph.D., is a licensed doctoral level clinical psychologist. He splits his time providing adult outpatient psychotherapy in the Anna Marsh Clinic and behavioral medicine therapy in the Retreat's Mind-Body Pain Management Clinic. Jason has a bachelor's degree in Psychology from Washington and Jefferson College, and a master's degree in Psychology and Doctorate in Clinical Psychology from Nova Southeastern University. With experience treating children, adolescents, and adults for a variety of conditions, his therapeutic work is rooted in a client-centered approach employing treatment plans and methods based on each client's unique presentation and circumstance.



Jilisa Snyder, Ph.D., is the Clinical Director of the Anna Marsh Clinic. She has a Master's degree in Rehabilitation Counseling and a Doctoral degree in Counseling Psychology from SUNY Albany. She later completed a doctoral internship and post-doctoral fellowship in Clinical Psychology at Dartmouth Medical School—Dept. of Psychiatry. Jilisa's specialties include psychodynamic, relationally-oriented psycho-therapy with adults and couples. Her expertise includes personality development, analytic self-psychology, the psycho-therapeutic process, mood, anxiety, trauma-related conditions, women's issues, grief and loss, medical and mental health ethics, and medical/health psychology.



Lisa Tallin, MSW, LICSW, received her Master's degree in Social Work from the University of Missouri-St. Louis. She has provided care in a variety of clinical settings including inpatient and residential programs at the Brattleboro Retreat. Lisa is trained in Dialectical Behavior Therapy (DBT) and uses a variety of approaches to create individualized treatment for individuals and families. Her clientele includes people from a variety of backgrounds dealing with anxiety, depression, trauma, and identity issues as well as those managing losses or major life changes.



Belinda Whipple Worth, LCMHC, received her Master's degree in Counseling Psychology from Antioch New England University. She is a Licensed Clinical Mental Health Counselor (LCMHC) who specializes in working with children, families, and adults. Belinda is trained in mind-body therapies including Eye Movement Desensitization Reprocessing (EMDR Level II) and Sensorimotor Psychotherapy (Level II). Her clinical interests include strategies to overcome the generational effects of trauma on the mind, body, and psyche.

On the campus of the Brattleboro Retreat, Anna Marsh Lane, Brattleboro, VT, 05301

Visit us at brattlebororetreat.org/amc • Call today to make an appointment 802-258-3700



James Benton, Ph.D., is the Director of the Brattleboro Retreat's Psychology Training program, and Manager of the outpatient psychology testing program. He is a licensed Psychologist (Doctoral) in the State of Vermont. Jim has a Ph.D. in Industrial & Organizational Psychology from the City University of New York. He also completed a post-doctoral Clinical Psychology Respecialization Fellowship at UMass Amherst. Jim's specialties include cognitive behavioral therapy—with a focus on Acceptance and Commitment Therapy (ACT), behavioral medicine, and psychological and neuropsychological assessment. He has worked with adolescents and adults experiencing a variety of conditions including substance use disorders, anxiety, depression, trauma, chronic pain, and ADHD.



Betsy Blum, MA, LCMHC, has more than 27 years of experience practicing psychotherapy. Betsy Blum, MA, LCMHC, has a master's degree in Counseling Psychology from Antioch Graduate School and a bachelor's degree in Trans-personal Psychology from Burlington College. Her expertise includes the treatment of anxiety, depression, trauma, grief, codependency, and recovery from narcissistic and abusive relationships. Betsy is trained in Somatic Experiencing, Internal Family Systems Therapy, and Eye Movement Desensitization and Reprocessing (EMDR). She uses these innovative modalities to help people get to the root of their problems and therapeutically shift their beliefs and narratives about themselves and their lives.



Teresa Butler, LCMHC, received her Master's degree in Counseling Psychology in 1990 and became licensed as a Clinical Mental Health Counselor in Vermont in 1996. She has a broad range of clinical experience in the Community Mental Health system and has been a part of the Anna Marsh Clinic team since 2013. Terry's areas of clinical interest and expertise include helping children and adults impacted by ADD/ADHD and other disorders including anxiety, depression, and trauma. Her approach is holistic, practical, and acknowledges each individual's unique experience, challenges, and personal strengths.



Susan Fields, LICSW, attended the University of Maine where she earned her bachelor's degree in Biology and her master's degree in Social Work, specializing in advanced generalist practice. Susan's background in mental health and addiction treatment includes work with a variety of populations and treatment approaches including medication assisted therapy (MAT) and abstinence-based therapies in short-term and long-term settings. Susan's professional interests include the interpersonal neurobiology of psychotherapy and group therapy. She is especially interested in the intersection of gender issues, anxiety and depressive disorders, and PTSD.

On the campus of the Brattleboro Retreat, Anna Marsh Lane, Brattleboro, VT, 05301

Visit us at brattlebororetreat.org/amc • Call today to make an appointment 802-258-3700.