

# Who is Nola?

Nola Casserly is a licensed Marriage & Family Therapist, speaker, and parenting consultant with a private practice in Newport, CA. She is committed to helping families and individuals realize mental and physical well being and approaches her work from a depth perspective- addressing the foundation of legacy, trauma, and attachment patterns often at the root of client's symptoms. She incorporates her on-going training in sensorimotor psychotherapy to incorporate the body and it's participation in the healing process.

Nola holds a BA from Cornell University in Human Ecology and her Master's in Counseling Psychology from Pacifica Graduate Institute.

She is also a Waldorf trained early childhood educator, served as the Director of Children's Services at the Center for Hope and Healing in Irvine, and is the co- founder of the popular "Conscious Mothering" series of classes in Newport Beach, CA.

She currently specializes in child development, parenting, trauma (EMDR), couples counseling, and addiction recovery. Nola can be reached at [nolacasserly@gmail.com](mailto:nolacasserly@gmail.com), and [www.nolacasserly.com](http://www.nolacasserly.com)