

Rachael Martin

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PERSONAL SUMMARY

Somatic LPCC who believes in the innate brilliance and capacity of each individual to adapt, transform, co-create and embody a life of empowerment. Working relationally through an attachment, trauma-informed, somatic lens, I aspire to accompany and support each individual in their unique journey toward a deeper connection to themselves and their experience, their relationship to others, and the world around them.

EXPERIENCE

Glimmer Somatic Therapy (Private Practice) - Remote October 2025 - Current
Somatic Therapist LPCC

- Providing somatic-based therapeutic services to individual clients including adolescence, young adults, adults (PT 10-15 hrs)

Khesed Wellness - Remote

Somatic Therapist LPCC July 2023 - September 2025

- Providing somatic-based therapeutic services to individual clients including adolescence, young adults, adults (PT 20-25 hrs)

Somatic Therapist Intern October 2022 - July 2023

- As an intake team member, preparing and conducting intake sessions, therapist matching and scheduling, pro bono coverage eligibility/matching, referrals
- Creating and facilitating polyvagal training
- Providing therapeutic services to individual clients including adolescence, young adults, adults (PT 20-25 hrs)

Lighthouse Neurofeedback Institute - Longmont, CO June 2022 - October 2022

Neurotherapist Intern

- Provide psychotherapeutic support with the integration of a variety of neurofeedback and biofeedback tools and protocols

HollyHock Home Care - Lafayette, CO January 2022 - December 2023

Care-Partner

- Provide care and support for activities of daily living
- Provide social, emotional, cognitive engagement and relationship to foster connection, support and reciprocal community living.

Thorne Nature Experience - Boulder, CO September 2020 - December 2020

Practicum Student

- Observe, track and support kiddos with developmental social, emotional, and cognitive skills

- Provide feedback, reflection and support to teachers and assistant teachers
- Facilitated collaborative discussion/presentation of relevant developmental theories and application
- Observe, track, and reflect on current growth as a counselor in training

Shawnee Gardens - Boulder, CO

July, 2020 - July 2021

Care-Partner

- Provide care and support for activities of daily living
- Provide social, emotional, cognitive engagement and relationship to foster connection, support and reciprocal community living.

EDUCATION

Naropa University - MA Mental Health Counseling

Somatic Body Psychotherapy

Fall 2020 - Spring 2023