

## *Lois Pessolano Ehrmann, PhD, LPC, NCC*

Dr. Lois Pessolano Ehrmann is an outpatient child, adolescent, adult and family therapist that has practiced in Central Pennsylvania since 1988. She has specialized in the areas of addictions, trauma and attachment disorders and has the following specialized skills leading to certifications/registrations:

- Certified EMDR Therapist and Approved Consultant (EMDRIA)
- Certified Internal Family Systems Therapist (Center for Self Leadership)
- Nationally Certified Counselor (NCC) and Approved Clinical Supervisor (ACS) (NBCC #ACS00382))
- Registered Attachment Focused Therapist (ATTACH #RC-05-004)
- Certified Attachment Focused Family Therapist and Approved Consultant (Attachment Focused Treatment Institute)
- Distance Counselor Certification (DCC) (NBCC)
- Certification in Clinical Hypnosis (ASCH) Pending; All requirements completed in Oct. 2013/ Awaiting paperwork
- Certified Addictions Counselor-Diplomate and Certified Clinical Supervisor (Please note I no longer work with the addicted population and have focused solely on populations who struggle with trauma since 2000)

Licensure:

- Pennsylvania Licensed Professional Counselor (LPC) #PC001027)
- Licensure for the state of New Jersey as an LPC is Pending

Dr. Pessolano Ehrmann earned her BA in Psychology from Rutgers College of Rutgers University in New Brunswick New Jersey in 1980. Her Masters Degree in Counseling was obtained in 1986 from West Virginia University and her PhD in Counselor Education and Supervision/Rehabilitation & Human Services Track was obtained in 2007 from the Pennsylvania State University (Penn State) (College of Education) in State College, PA. Her specialized minor area of focus was development across the lifespan in the College of Human Development and Family Studies. Her dissertation while at Penn State was a cutting edge internet based study that focused on the needs of traumatized foster/adoptive parents who were parenting special needs foster or adoptive children from the US foster care system.

Dr. Pessolano Ehrmann along with three other professional partners successfully owned and operated a general mental health/drug and alcohol outpatient treatment center for approximately 23 years in State College, PA. Upon the retirement of the other three partners that practice was sold and Dr. Ehrmann launched a holistic outpatient trauma center in 2009 called

**the Individual** and Family CHOICES Program. For more information on that agency and the services and trainings that are offered there check the website at [www.individualandfamilychoices.com](http://www.individualandfamilychoices.com).

A well known affiliated professor at Penn State and a sought after trainer, Dr. Ehrmann has recently presented:

- October 2013: Internal Family Systems National Conference in Providence, RI. Co-presented the following: *The Use of IFS with Children and Families: Where the Internal Family and the External Family Meet, Update on the Development of an Adherence Measure for Internal Family Systems Therapy.*
- September 2013: *Testing and Measurement in Family Therapy*; Held at CHOICES; State College, PA
- September 2013: National ATTACH Conference in San Antonio, TX: Presented Three Trainings: *Attachment Focused Family Therapy: Best Practices; Building Skills of the Attachment Continuum, Panel Discussion: Recent Research and Best Practices in Attachment Focused Therapy.*
- January 2013: *IFS and EMDR: The Internal Family Systems Interweave* in Altoona, PA. This was a two day 12 hour training on the integration of these two models of therapy for professional healers who work with traumatized clients.
- October 2012: Internal Family Systems National Conference in Providence, RI. Presented *Using IFS with Children and Families.*
- September 2012: National ATTACH Conference in Baltimore, MD. Presented *Trauma through the Lens of Development.*
- Fall 2011: National ATTACH Conference in Nebraska. Conducted two trainings On assisting parents of traumatized children and the use of EMDR and IFS to assist parents of traumatized and attachment challenged children.
- Fall 2011: Internal Family Systems National Conference in Boston, MA. Presented *Raising the Self Led Human Services Agency*
- Fall 2011- Present: *Healing Trauma in Families: A series of seven day long workshops centered around the provision of trauma informed care to the populations of children, adolescents, adults and families held at CHOICES in State College, PA. Trainings are all approved for licensure CEUs.*
- Fall 2011-Present: *Internal Family Systems: A Conceptual Overview: One day trainings across Pennsylvania and West Virginia approved for licensure credits.*
- Spring 2010-Present: *Clinical Supervision Series: A series of six day long workshops centered around the provision of quality clinical supervision for post-degree helping professionals held at CHOICES; State College, PA. All trainings are approved for licensure CEUS.*
- 04/2010- Present: *Introduction to the Internal Family Systems Model of Therapy: A 20 CEU weekend experiential training in this model of therapy done at least once a year in Altoona PA.*
- 11/2009: *Fetal Alcohol Spectrum Disorders in Traumatized Children* at the Institute for Children and Families in Lancaster, PA.
- 06/2009: *Fetal Alcohol Spectrum Disorders in Foster and Adopted Children* at the

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**Certified Attachment Focused Family Therapist, EMDR Therapist, IFS Therapist**  
**Central PA and New Jersey, USA**

Here is a listing of publications:

- Becker-Weidman, A., Ehrmann, L. & LeBow, D. (2012). *The Attachment Therapy Companion*. NY: Norton Publishing.
- National ATTACH Organization Professional Practice Manual on the appropriate ethical way to clinically treat attachment disorders in traumatized children. Spring 2009.
- Ehrmann, L. (2009). *The Self led parent therapy group manual*. Unpublished manuscript..
- Ehrmann, L. (2013). *Kids, parents and everyone one have parts: A workbook about Internal Family Systems for the young and young at heart*. Unpublished manuscript.
- Ehrmann, L., & Herbert, J. (2005). Family intervention training: A course proposal for rehabilitation counselor education. *Rehabilitation Education, 19, 235-244*.
- Ehrmann, L., & Parrillo, A. (2004). Attachment and conscience development. *Pennsylvania Counseling Association Journal, 6, 41-46*.

Dr. Pessolano Ehrmann has a face to face clinical caseload at the Individual and Family CHOICES Program in State College, PA where she focuses on families struggling with attachment and trauma issues. She also does face to face clinical supervision at that location for the purpose of licensure for newly graduated professional helpers.

In the Spring and Summer of 2013, after many requests for years, Dr. Pessolano Ehrmann engaged in a course of focused study on conducting psychotherapy sessions and professional consultations within the online internet environment. After the focused training and study she applied for and was deemed eligible for certification as a Distance Credentialed Counselor (DCC). As a result of this she moved her consultation services to her online practice called E-Counseling and Consultation Services. In this online practice she sees adults only on a very limited bases but sees all colleagues wanting Skype or phone consultation.