



Connecting Children with  
a Caring Community



# OUR CLINICAL TEAM

**Dr. Steven Baker,  
MD  
Chief Psychiatrist**

Has been practicing Child and Adolescent Psychiatry for over 30 years. Graduated from University of North Carolina at Chapel Hill Medical School and completed his residency at the Child Psychiatry Fellowship in Denver, CO. Has been practicing in the Asheville area since 1994.

**Leif Johnson,  
PMHNP**

**Provides psychiatric care to** children, adolescents, and adults.

**Background:** Trained at Boston College with a decade of experience in psychiatry. Leif has worked with trauma survivors at the VA and children with mood disorders at a residential step-down facility. Leif is also a children's book illustrator .

**David Smith,  
MSN, PMH-NP**

**Provides psychiatric care to** children, adolescents, adults.

**Background and Specialties:** Graduated from UNC at Chapel Hill and specializes in mindfulness, holistic self-care, coping skills, breathing techniques, ADHD, insomnia, trauma, gender issues, bereavement

**Natasha Kush,  
LPC  
Program Director**

M.A. Clinical Psychology, M.S. Counseling, and M.A. Theology. 15 years of experience delivering direct care via homeless shelters, intensive in-home services, office-based, hospital/chaplaincy-based, and community education centers.

**Mike Rommal,  
LCSW, LCASA  
Staff Therapist**

**Works with:** children, adolescents, adults

**Specialties:** parenting, anxiety, trauma, OCD, Autism Spectrum Disorder, assertiveness, ADHD, anger, pain, depression, emotional Dysregulation

**Modalities:** Somatic experiencing, TFCBT, CBT, Brief Solution Focused Therapy

**Blair Buckler,  
LPC, NCC  
Staff Therapist**

**Works with:** children, teens, adults

**Specialties:** both individual and group therapy, relationships, communication, crisis intervention, pregnancies, adoptions, substance abuse, self-harm, suicidal ideations, anxiety, depression.

**Modalities:** DBT, CBT

**Jeremy Patton,  
LPC  
Staff Therapist**

**Works with:** ages 8 to 18 and above

**Specialties:** anxiety, depression, trauma, child and adult bereavement

**Modalities:** CBT, Trauma Resiliency Model, Eye Movement Desensitization and Reprocessing Therapy

**Valerie Richman,  
LPC, NCC  
Staff Therapist**

**Works with:** children, adolescents, family systems

**Specialties:** trauma, anxiety, depression, coping and social skill building, anger management and de-escalation, family systems issues

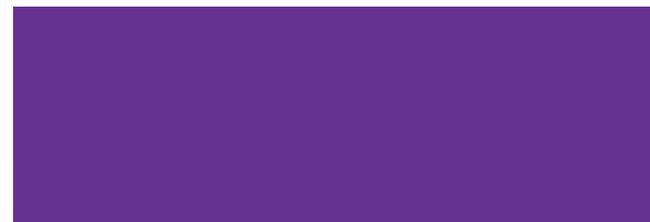
**Modalities:** Multi Systemic Family Therapy, TFCBT, CBT

**Jamie Rischitelli,  
LCSW  
Staff Therapist**

**Works with:** primarily kids K-5th grade

**Specialties:** family change, home placement, adjustment issues, grief/loss, anxiety, depression, improvement of pro-social skills, supporting parents with behavioral strategies.

**Modalities:** CBT, play and art therapy



## CONTACT

828.298.0186  
caring4children.org





**Kathryn Stone, LPC**  
**Staff Therapist**

**Works with:** Children, Adolescents (ages 4-18), families and adults

**Specialties:** play therapy, trauma, anxiety, depression, self-regulation and self-awareness

**Modalities:** Play Therapy, CBT, Family Therapy

**Becca Odom, LCSWA**

**Works with:** Adolescents (ages 10-18) and adults (18 and over)

**Specialties:** trauma, anxiety, depression, self-regulation and self-awareness

**Modalities:** CBT, Family Systems, yoga, Somatic Therapy

**Phil Sageser, LPC**

**Works with:** All ages, families, couples

**Specialties:** PTSD, learning issues, anxiety, sexuality, relationships

**Modalities:** Family Systems, Brief Therapy, Play Therapy

**Luce Beagle, LPC**

**Specialties & Modalities:** LGBT Support; Substance Abuse; Adults and Adolescents

**Nicole Armbrust, LCSW**

**Works with:** all ages (3 to late 60s), families.

**Specialties:** trauma (sexual abuse, assault, victims of crime, etc.), anxiety, family systems

**Modalities:** TFCBT, CBT, mindfulness

**Jonathan Railey, LPC**

**Works with:** ages 4-12, couples, adults

**Specialties:** abuse, neglect, family conflict, anxiety, depression, personality disorders, diet, sleep, exercise and breathing habits

**Modalities:** non-directive play therapy, bibliotherapy/narrative therapy/therapeutic storytelling, family systems therapy

**Paul Burns, LCSW**

**Works with:** adults, children, adolescents, families

**Specialties:** anxiety, depression, loss/grief, family conflict, parenting support, anger management, relaxation training social skills training

**Modalities:** CBT, nurturing parent/child family practices, structural family therapy and rededication therapy.

**Catherine Shane, LPC, LCAS**

**Works with:** all ages

**Specialties:** stress, anxiety, trauma, addiction, LGBTQ issues, coping skills, PTSD

**Modalities:** mindfulness including Hakomi, body-centered psycho-therapy, DBT, Eye Movement Desensitization and Reprocessing, breathing techniques

**Catie Beaulieu, LPCA**

**Works with:** adolescents and adults

**Specialties:** LGBTQI support; trauma related issues; grief and loss; individual and group therapy

**Modalities:** Gestalt, CBT, expressive arts therapy, wellness, group therapy, LGBTQI support

**Mariel Olsen, LCSW, LCASA**

**Works with:** all ages

**Specialties:** parenting, transitions, relationships, self-esteem, anxiety, addiction

**Modalities:** holistic, strength-based; expressive arts therapy, mindfulness, CBT, play therapy

**Theresa Smith, LCSW**

**Works with:** children, adolescents, adults with issues related to trauma, family systems

**Specialties:** grief/loss, trauma, individual developmental stages

**Modalities:** TFCBT, Dialectical Behavioral Therapy, play and art therapy

**Colin Harris, LCSW, LMFT**

**Works with:** families, couples, children

**Specialties:** at-risk youth, issues related to foster care and adoption, severe mental illness, trauma

**Les Smart, LPC**

**Works with:** adolescents and families

**Specialties:** Boomer group home for at risk adolescent boys

**Therapy Groups**

**Weekly DBT skills groups:** for ages 12-15, 16-21, and adults.

**Transgender support groups:** Adolescents and adults.

**Autism Spectrum Skills Group:** Focus on relationships/ friendships, psycho-education and coping skills. For ages 14-18

