



Amy S. Woodruff, LCMHC, LADC

Amy is a practicing licensed clinical mental health counselor (LCMHC) as well a licensed drug and alcohol counselor (LADC) who has spent her career treating and developing a deep understanding of complex trauma and addiction in children and families. Amy approaches treatment from a variety of modalities including Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Attachment, Self-Regulation, and Competency, in addition to, and proprioceptive conditioning and movement therapy. In her use of every modality, Amy emphasizes on how attachment and trauma affects an individual and their caregiving system.