Rebekah Tinker, ERYT  
Family Wellness Coach

Rebekah Tinker is a Family Wellness Coach at the Vermont Center for Children Youth and Families. Originally from Seattle, she was raised to be an athlete, playing on varsity and premier league teams. Rebekah went to undergrad at Pitzer College in Southern California where she ran cross country and studied creative writing and philosophy. Just this spring she graduated from the Master of Social Work program at the University of Vermont where her clinical studies centered on relationship issues, gender dynamics, and family systems. Before coming to the VCCYF in August of 2017 she worked as a one-on-one yoga therapist, and senior yoga instructor. Within the clinic Rebekah primarily sees adolescents and young adults on the Autism Spectrum, and children and adolescents with learning and behavioral differences. Rebekah’s primary mode of intervention lays within postural yoga, mindfulness meditation and motivational interviewing for SMART goal setting. Rebekah will be leaving the VCCYF at the end of June 2020 to begin a private couples and family therapy practice in San Francisco, CA.