

Emery Mikel's Biography

Emery Hurst Mikel, ATR-BC, LCAT (NY), LPAT (NJ) is the founder and director of Water & Stone, a Creative Arts Therapy PLLC and Firefly & Phoenix LLC.

Water & Stone is currently comprised of an extraordinary group of women who offer contemplative psychotherapy and creative arts therapy to individual clients of all ages and in a variety of group offerings. In her professional therapy work, Emery focuses on women's issues, grief and loss, end of life, empowerment, self-worth/self-esteem, as well as caregiver burnout. W&S grew out of Emery's experiences living and working in Colorado, Washington D.C., Maryland, Virginia, Long Island, Brooklyn, and Manhattan.

Firefly & Phoenix has multi-month programs, workshops and 1:1 mentoring for those embarking on, or journeying through, the adventure that is private practice/self-employment. This company grew out of the ever-evolving world Emery has created to help professionals in the mental health and wellness industries create the work they dream of in their communities. Emery's creative curiosity is further highlighted in her role as private practice mentor and through her wide array of continuing education workshops/programs for NJ LPATs, NY LCATs, and ATCB credential holders.

She authored *The Art of Business: A Guide for Creative Arts Therapists...* (JKP, 2013) which focuses on contracting with organizations, the ins and outs of travelling as an art therapist, and business basics. Currently, she is working on her next book project which brings the voices of 20+ creative arts therapists to the world as they share their experiences and wisdom on their own private practice and self-employment journeys.

Along with all these pursuits she, supervises interns, guest lectures at George Washington University and is adjunct faculty at Nazareth College. She has been in private practice for over 15 years, is licensed in NY & NJ, and is credentialed nationally (ATR-BC). She received her MA in Transpersonal Counseling Psychology: Art Therapy from Naropa University in Boulder, CO.