



Kimberly Winters

Trauma and Addiction Specialist

Kimberly is a Licensed Professional Counselor (LPC), Certified Emotionally Focused Therapy Practitioner (CEFTP), National Board Certified Counselor (NCC), Certified Advanced Alcohol and other Drug Counselor (CAADC), Certified ADHD Specialist, Certified SMART Recovery Facilitator, and Certified Trauma-Focused Cognitive Behavioral Therapist.

She owns a private therapy and trauma coaching practice called SAFE & SOUND Therapy LLC and is the Founder/Creator of the SAFE & SOUND Support Group Recovery Program.

She has experience with the legal system through her work in restorative justice, having spent the last twelve years volunteering as a trained Mediator for the Victim Offender Dialogue Program through the Office of the Victims Advocate in her state.



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