

S.L. McIntyre (they/he) - Expert Therapist specialized in somatics, trauma, neurodivergence and human development as collective evolution.

Formal Education

Bachelor of Arts in Environmental Studies; Double Minor in Dance and Community and International Development from The University of Vermont, Burlington, VT 2008-2012
Honors Thesis: "Students Teaching Students: Hunger, Leadership and Social Change"

Semester Abroad Study in Grassroots Development

School for International Training; Kampala Uganda Aug-Dec 2010
Thesis: "The Hunger Projects VCA: The Importance of a Common Vision in Grassroots Development"

Master of Arts in Counseling Psychology and Somatic Psychology

California Institute of Integral Studies, San Francisco, CA 2016-2019
Thesis: "Tilling the Garden: Using Somatics & Energy Healing for Healing Eating Disorders and Developmental Trauma"

Full Graduate Coursework - 60 units - 2,750+ hours of study

- Human Development and the Family (3 units - 135+ hours)
- The Body: Experienced, Conceptualized, and Verbalized (2 units - 90+ hours)
- Movement Approaches in Somatic Psychotherapy (2 units - 90+ hours)
- Therapeutic Communication (3 units - 135+ hours)
- Psychodynamics (3 units - 135+ hours)
- Group Facilitation and Group Therapy (2 units - 90+ hours)
- Family Dynamics and Therapy (3 units - 135+ hours)
- Multicultural Counseling and the Family (2 units - 90+ hours)
- Theories and Techniques of Somatic Psychotherapy (3 units - 135+ hours)
- Couple Counseling (3 units - 135+ hours)
- Assessment and Treatment of Addiction Disorders (1 unit - 45+ hours)
- Human Sexuality (2 units - 90+ hours)
- Neuroscience for Somatic Psychology Practice (2 units - 90+ hours)
- Psychopathology & Psychological Assessment (3 units - 135+ hours)
- Theories and Techniques of Somatic Psychotherapy II (2 units - 90+ hours)
- Somatics and Society (2 units - 90+ hours)
- Professional Ethics and Family Law (2 units - 90+ hours)
- Somatic Approaches to Trauma & PTSD (2 units - 90+ hours)
- Intro to Community Mental Health and the Recovery Model (2 units - 90+ hours)
- Research Methods (3 units - 135+ hours)
- Child Therapy (2 units - 90+ hours)
- Clinical Relationship (2 units - 90+ hours)
- Practicum at the Center for Somatic Psychotherapy (6 units - 270+ hours)
- Integrative Seminar - Thesis class (3 units - 135+ hours)
- Minimum 50 Hours of Personal Individual Therapy

Clinical Experience

MFT Trainee June 2018-May 2019

[The Center for Somatic Psychotherapy](#) - 660 hours logged towards Licensure

Supervisors and Trainers: [Stuart Gold](#), [Janina Fisher](#), [Miriam Smolovar](#), [Becky McGovern](#), [Cambria Lowe](#)

AMFT / School-Based Counselor Aug 2019 - Feb 2020

[Seeds of Awareness](#) - Lagunitas School - 285 hours logged towards Licensure

Supervisors: [Dr. Synde Acks](#) and [Lauren Brown](#)

AMFT / Primary Therapist Feb 2020 - May 2021

[The Lotus Collaborative](#) Recovery Center - 1,730 hours logged towards Licensure

Supervisors and Trainers: [Kaye Anderson](#), [Nancy Aguilar](#), [Micah Hammond](#), [Whitney Trotter](#), [Naia Riley](#), [Shelby Gordon](#)

Associate Marriage and Family Therapist May 2021-Mar 2022

[Respire Therapy](#) Private Practice - 179 hours logged towards Licensure

Supervisor: [Cora Keene](#)

Associate Marriage and Family Therapist Apr 2022-Mar 2023

[Grateful Heart Holistic Therapy Center](#) - 316 hours logged towards Licensure

Supervisors and Trainers: [Rawna Romero](#), [Miranda York](#), [Barbara Griswold](#)

300+ hours of personal psychotherapy logged - CBT, DBT, Relational, Somatic, Somatic Experiencing, EMDR, Psychodynamic, Transpersonal and Jungian

Relevant Healing Arts Experience

Founder & Facilitator 2021-Current

[Full & Plenty Joy](#): a transdisciplinary healing space for magical humans to evolve

Created the Full & Plenty Joy Life Cycle, a holistic life coaching framework integrating psychology, somatics, creativity, spirituality and entrepreneurship.

Facilitator and Consultant

[The FedUp Collective](#)

Facilitated peer support groups for Trans and GNC folks with eating disorders

Provided consultation to parents with children with eating disorders

Founder & Director 2015 - 2020

No Mirror Movement Collective: an inclusive queer fat positive dance company for healing

Created the No Mirrorz Method, a framework integrating ecotherapy, expressive arts, psychoeducation, peer support, HAES and spirituality to support human evolution and community development.

Yoga Teacher
BODYROK, San Francisco, CA

2017-2018

Relevant Certifications

Herbalism for the Practical Witch - Scarlet & Sage Apothecary and Bonnie Rose Weave - 2020

200 Hours Yoga Teacher Training - Yandara Yoga Institute - June 2017

Reiki I and Reiki II Trainings - Yandara Yoga Institute - June 2017

Relevant Workshops and Conferences (not comprehensive)

Substance Abuse Treatment and Harm Reduction with Dr. Gabor Mate, CIIS, SF 2018

Rosen Method Bodywork: A Workshop with Gloria Hesselund and Sara Webb, SF March 2018

Trauma and Somatic Experiencing: A two day workshop with Peter Levine, SF April 2018

Embodying Fat with Jules Pashall (Master's in Somatic Psychology) April 2018

Healing The Fragmented Parts of Trauma Survivors: Two Part Workshop with Janina Fisher (PhD) Feb 2019

Yoga for Grief Relief (YGR) - a Somatic Psych Intervention with Antonio Sausys March 2019

Tarot for the Wild Soul: Award Winning Soul Tarot Intermediate/Advanced course for Tarot Readers with Lindsay Mack, Online May 2020

Drippings: An Embodied & Erotic Chanukah Celebration of Fat with Jules Pashall (Master's in Somatic Psychology) Dec 2020

Ancestral Remembrance and Storytelling: Six month workshop taught by Erin Sweeney with guest workshops by Kimmy Johnson and Atava Garcia April-Sept 2021

Historical Trauma and Eating Disorders: What's The Connection with Gloria Lucas Jan 2021

MEDA Conference 2022 - Multi Service Eating Disorders Association May 2022

- Eating Disorder Harm Reduction: What Marginalized Communities Need by Gloria Lucas - creator of Nalgona Positivity Pride

- Treating ARFID: Live and Imaginal Exposure Protocols for Therapists and Dietitians by Andrea Kulberg PHD CEDS & Shira Evans MS RD CSSD LDN
- Treatment Comes in All Colors, The Importance of LGBTQIA2S+ Care in Eating Disorders by M Reim Ifrach REAT ATR-BC ATCS LPC NCC CLAT LCMHC
- Body Image in the Era of 2D Care: Showing Up for Hard Conversations by Brianna Campos LPC and Anna Sweeney MS RDN CEDRD-S
- An Integrated Approach to Treating Comorbid OCD and Eating Disorders by Mimi Cole ACMHC
- The Overlooked Midlife Crisis: Eating Disorders in Midlife and Beyond by Caryn Honig EdD MEd RD LD & Elizabeth Brenner JD
- Trauma-informed Nutrition Care in Eating Disorder Practice by Jaimie Winkler RD CEDRD-S

Queering Care: Moving Forward Without A Finish Line: Dreaming New Systems of Care
July 2022

Visions for the Future with Dr. Amber McZeal, Embodied Astrology, Online January 2023

Astrology and Activism: Exploring Ascension and Activation through the Aries Eclipses with Karlyn Bradlay and Renee Sills - Embodied Astrology, Online March-April 2023

Gravity + Grace: A Mythopoetic Inquiry into Saturn in Pisces with Dr. Sherri Taylor - professor of Psychology at CIIS, 4 part series, Embodied Astrology, Online 2023

Artistic Alchemy: Engaging the Magical Wisdom of the Mutable Signs for a Soulful and Meaningful Artistic Practice with Junauda Petrus, Embodied Astrology, 4 parts series 2023

The New Abundance and Power: Nourishment for Transforming Systems Embodied Astrology with Ramon Gabrieloff-Parish, Embodied Astrology, Online May 2023

From Theory To Practice Conference - Eating Disorder Care, NYC May 2023

Weekly Somati space Embodiment Class with Renee Sills and Monthly Astrology Study with Renee Sills 2023

Movement / Dance Training (30+ years)

Studios + Programs that shaped me:

Logrea Ballet Academy (NY)

Tappan Zee Dance Group (NY)

SUNY Purchase (NY)

Broadway Dance Center (NY)

UVM Dance Department (VT)

Orchesis Dance Company (VT)

Celtic Cats (VT)

American College Dance Festival (ME)

Boulder Jazz Dance Festival, (CO)

Jose Limon Summer Intensive (CA)

City Dance Studios (SF)

Funkanometry (SF)

In the Groove (OAK)

No Mirror Movement (SF)

The People's Party (OAK)

Days Like This Oakland (OAK)

Embodiment Project (CA)

Mission Dance Theatre (SF)

Ecstatic Dance (CA)

Influential dance teachers:

Classical - Jean Paul Logrea, Jonathan Phelps, Sheree Roller, Paula Higa, Julie Johnson, Cory Ethridge

Modern + Contemporary - Julie Johnson, Claire Bryne, Paul Besaw, Jonathan Phelps, Kyle Limin

Jazz Funk + Hip Hop + Choreo - Chio, Bev Brown, Larkin Poynton

Punking/Waacking - Viktor Maneul, Dallace Ziegler, Kumari Suraj, Lorena Valenzuela, Princess Lockeroo,

Bay Area Freestyle - Rama Hall (house), Amber Julian (house), David Johnson (Waacking) , Karla Flores (Waacking), Nikki Renojo (Waacking), Dennis Infante (Hip Hop), Joseph

Nontonovan (House), Tsunami (House), Chaz Cabonce (cypher practice), House of Amor (Vogue)

Bay Area Choreographers -Emerson Aquino, Rocko Luciano, Daniel Kang, Leslie Panitchpakdi, Nico O'Connor