

Professional Bio

Rosemary received her Master of Arts in Clinical Psychology from the University of Indianapolis and is currently in her 4th year of the Doctorate of Clinical Psychology program at the University of Indianapolis. She completed her Bachelors of Science in Psychology at Oglethorpe University in Atlanta, Georgia, and studied mindfulness in psychotherapy and pathologies of self-concept associated with disordered eating at Oxford University in Oxford, England.

She is interested in the mind-body connection and understanding individuals from a biopsychosocial-spiritual perspective. Clinically, she works from a client-centered approach while integrating cognitive-behavioral interventions. She also enjoys teaching mindfulness and meditation techniques, emphasizing a holistic approach to health and healing. Her prior training has emphasized working with LGBT clients and Child Services, as well as comprehensive, neuropsychological and school evaluations. She has worked with adults and children with depression, anxiety, trauma, substance use, adjustment concerns, emotional/behavioral dysregulation, relationship/social problems, sexual concerns, gender identity issues, medical conditions, obsessions, grief, personality disorders, academic problems, developmental delays, and intellectual disabilities. She enjoys working with the entire lifespan, and finds working with children and families especially rewarding.

Her research interests include self-discrepancies, body image, disordered eating, chakra theory, mindfulness, yoga therapy, and integrative/multidisciplinary medicine. Her completed doctoral dissertation was on the influence of chakras and body image self-discrepancies on disordered eating attitudes and behaviors in nonclinical college-aged women.