
MYRA KAYE LACHMANN, LPCA

Dedicated and compassionate LPCA with a strong background in providing therapeutic services to individuals of diverse backgrounds and needs. Skilled in conducting assessments, developing treatment plans, and implementing evidence-based interventions to help clients navigate and overcome mental health challenges. Proficient in building rapport with clients to establish trust and create a safe and supportive therapeutic environment. Seeking to leverage my clinical expertise and passion for helping others to positively impact clients' lives.

EXPERIENCE

OWNER PASSIONTIDE COUNSELING, LLC NOVEMBER 2023 - PRESENT

COUNSELOR TELEHEALTH PSYCHMIND RICHMOND, KY. JANUARY 2024-PRESENT
Assisting clients to overcome complex trauma, anxiety, depression, career challenges, and desired improvement in overall mental health.

Utilizing IFS (Internal Family Systems) therapy techniques to help clients explore and heal internal wounds, resolve trauma, and improve overall emotional well-being

EDUCATION

ASBURY THEOLOGICAL SEMINARY – MASTERS OF ARTS IN MENTAL HEALTH,
FOCUS ON MARRIAGE AND FAMILY, DECEMBER 2023.

THE UNIVERSITY OF KENTUCKY BACHELORS OF SCIENCE IN FAMILY SCIENCES,
MINOR IN PSYCHOLOGY DECEMBER 2020

SKILLS

Behavioral adaptations for adults and children to develop overall increases in life skills.

Interpersonal Communication development and elevation for couples and families.

Proficient in treating complex trauma/PTSD with tailored therapies and collaboration with targeted case management teams.

Skilled in developing customized behavioral interventions for all ages to enhance life skills and foster independence.

Experienced in counseling couples/families, promoting better communication and resolution through proven methods like EFT and Gottman.

Batterers Intervention Training - March 2024 ZeroV

Group leadership skills, including grief and loss, PTSD, and domestic violence offenders.

Certifications

Pending Completion: IFS Level 1 June 2024-September 2024

March 2024-IFS Learning Hub
Internal Family Systems Institute
Developed the necessary skills to address values and beliefs in IFS sessions.

April 2023 - October 2023 - IFS 6-Month Circle.

May 2023-Level 1 Gottmann Institute
Skills for effective conflict resolution and communication in couples and marriages.

December 2022-Prepare/Enrich
Asbury Theological Seminary - Pre and post-marital counseling training.

December 2022-Four Blinks Version of Flash-Cleveland Clinic: Processing and storing of complex traumatic memories for the client, allowing for client-paced processing.

December 2022-IFS in Action Training.

November 2022-Clients Struggling with Grief and Loss -

October 2022-Adult Children of Alcoholics, Addicts, and Dysfunctional Families.

August 2022-Effectively working with Difficult Personality Styles.

August 2022-DSM V Differential Diagnosis for Clients with Trauma: Four Steps to Accurate Diagnosis.

August 2022-Trauma Professional Two-Day Trauma Competency Conference

August 2022-Military and Veterans Mental Health Seminar.