



ECOSYNAPSE

on-line counseling, fine arts & yoga instruction

Amanda A. Hendricks, LPCC, ATR-BC, MFA, RYT®200, CTHP



Her business reflects a commitment to healing-centered and recovery-oriented systems of care for neurodiverse individuals.

Amanda works closely with her remote clients and students to support mental health, creative growth and well being in their lives. She provides on-line professional services in clinical counseling; in addition to fine arts and yoga instruction.

As a clinical telemental health provider (CTHP), Amanda uses videoconferencing to meet with her private clients. She is a California-based Licensed Professional Clinical Counselor (LPCC 7898) and Board Certified Art Therapist (ATR-BC 18-044).

For nearly six years, Amanda worked as a group art psychotherapist in three Bay Area psychiatric health facilities (PHF). Over the years, patients and colleagues encouraged her to begin building her own business. Since 2020, she has done just that.

While growing her business, Amanda practiced in trauma and addiction recovery treatment at an intensive outpatient program (IOP). She led groups in art therapy, process, and trauma-sensitive yoga (TSY); and worked individually with patients. She also practiced at a residential treatment center, for adolescents, leading weekly dialectical behavioral therapy (DBT) informed art therapy groups.

Amanda continues to expand her knowledge and practice of supporting clients through stressful life adjustments, difficult transitions and in processing acute, chronic and complex trauma. She is doing this through continued studies of holistic focused clinical, creative and meditative practices and skills for healing and supporting resiliency. In 2020, she completed training in the evidence-based practice of trauma treatment called Eye Movement Desensitization and Reprocessing (EMDR) and is now an EMDR trained clinician (2021).

In life she advocates for mindful and heartfelt creativity.

Amanda has over thirteen years of practice and training in meditation (Shambhala and Insight) and is a registered yoga teacher (RYT®200; 2020) with a focus on guiding meditations and teaching a hybrid of yin, restorative, chair and trauma-sensitive yoga (TSY). She also holds a Master of Fine Arts degree from UC Davis (MFA 2002), a Bachelor of Arts degree from UC Berkeley (BA 1999), over ten years experience in arts instruction and lifelong experience working with a wide variety of art mediums and practices. As a teacher, she supports students in their journey of finding peace, ground and creative voice.

Winter 2022 Availability

Sessions by Appointment:

Tuesday, Wednesday, Thursday
1pm to 7pm

- \$150 per hour counseling
- \$100 per hour instruction
- \$25 to \$45 per hour group

All sessions are held through the on-line platforms Simple Practice® (counseling) and Zoom® (instruction).

Insurance holders, please check for telehealth eligibility and mental health benefits with your provider directly. Amanda is in network for commercial and self-pay insurance holders through Cigna, Optum and Beacon. If you are a member of a different commercial or self-pay insurance network, she can create a superbill of receipts which you may submit to your insurance company for any out-of-network reimbursements you may be entitled to.

For further information, and to explore if working together may be a good fit for your needs and/or lifestyle, please schedule a free 20-minute consultation here:

<https://ecosynapse-amanda-a-hendricks.clientsecure.me/>

This link can also be reached by clicking on the button labeled "Appointments" from her business homepage:

ecosynapse.com

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Business Hours:
Weekdays
10am to 7pm