

Terri Talley –

Terri is committed to helping individuals discover resiliency and healing. She has a wide range of experience working with traumatic stress, critical incidents, grief, PTSD, anxiety, violence related trauma and moral injury.

Her professional training and experience as a former first responder equips her to collaborate with first responders and their families in a safe and non-judgmental space, as they navigate the challenges in their lives.

She earned degrees in Forensic Psychology and Clinical Mental Health Counseling before pursuing her PhD. in Mind-Body Medicine with specializations in Trauma and Resiliency.