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About the Author

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Dr. Veronica Lac has 20 years of experiential health professional as well as a certified providing her with an integrated perspective. Her background includes a Masters in Training Masters in Gestalt Psychotherapy, and a Masters in a number of models in EFPL including Awareness with Barbara Rector, a pioneer in certification through the Gestalt Equine Institute. This allowed her to combine her theoretical understanding with an embodied approach to EFPL. Veronica is passionate about enabling them to reach their full potential as a rate trainer offering one-to-one coaching. Clients range from large corporate business to families.

Veronica was a UKCP Registered Counsellor in the United Kingdom, and since moving to the United States, she has been licensed as a professional counselor and coach through Saybrook University. She specializes in working with clients with trauma, and attachment and has developed programs for at-risk adolescents in collaboration with mental health centers and eating disorder clinics. She is also a riding instructor for clients with cognitive disabilities. Veronica is passionate about research in equine psychotherapy and has multiple publications in journals.