

Professional Summary

Trainer, presenter, and clinical supervisor in psychedelic-assisted psychotherapy, recognized as a leader in ketamine-assisted psychotherapy (KAP) in Ohio. Builds professional communities that advance ethical training and collaboration in emerging therapies, with recent speaking and training engagements for the American Counseling Association and Journey Clinical.

Clinical practice is grounded in a trauma-informed, Relational Psychodynamic framework infused with Humanistic and Existential principles, integrating IFS, ACT, EMDR, and Mindfulness-Based approaches.

Speaking & Training

- CONFERENCES & PRESENTATIONS
- Therapeutic Love: Ethics in Ketamine-Assisted and Trauma Therapy — ACA 2026 Conference & Expo (in-person breakout, 2026)
 - Ketamine-Assisted Psychotherapy: Evidence-Based Insights — Ohio CSWMFT Board (March 2025)
 - Integrating KAP and Internal Family Systems (IFS) — Columbus IFS Network (September 2024)
 - KAP: Integrating Psychedelic Science and Counseling Practice — American Counseling Association Webinar (2024)
- RECURRING TRAINING PROGRAMS
- KAP: A Clinical Framework for Mental Health Practitioners — LuminaThera (CE-accredited, 2025 & 2026)
 - Preparation & Integration in Ketamine-Assisted Psychotherapy — Journey Clinical (monthly cohort training, 2024–Present)
- RECORDED TRAINING
- Ethical Client Education in Psychedelic-Assisted Psychotherapy — Journey Clinical (clinician education platform, 2026)

Awards & Recognition

- Ohio Counseling Association (OCA) Professional Leadership Award (2025)

Clinical Experience

- Reclaim Your Path LLC Columbus, OH

Jan 2020–Present
- LICENSED PROFESSIONAL CLINICAL COUNSELOR, SUPERVISION DESIGNATION
- Provide mental health and wellness counseling for adults and couples, focusing on relational work and trauma-related disorders including PTSD, developmental trauma, and attachment trauma.
 - Specialize in psychedelic-assisted psychotherapy, including ketamine-assisted psychotherapy (KAP) and psychedelic integration.
 - Founded the practice on the principle of personal transformation, utilizing an embodied therapeutic approach grounded in direct experience with the modalities offered to clients.
- LuminaThera LLC Columbus, OH

Jan 2024–Present
- CO-FOUNDER & THERAPIST
- Co-founded a group practice to create affordable access to psychedelic-assisted psychotherapy.
 - Developed a collaborative platform for clinicians to learn, grow, and support one another in their practice.
 - Provide overall business strategic guidance, clinical guidance, and therapeutic support.
 - Collaborated with co-founders to develop and refine an 8-week group protocol for clients with depression, anxiety, and trauma-related challenges.
- Nemeth Counseling & Consultation LLC Columbus, OH

Feb–Mar 2019
- COUNSELOR TRAINEE
- Provided counseling and mental health treatment for children, adolescents, adults, couples, and families.

Education

Walden University
Minneapolis, MN · 2017–2019

MS in Clinical Mental Health Counseling
CACREP Accredited · Chi Sigma Iota, Counseling Academic & Professional Honor Society International

Education	Walden University Minneapolis, MN · 2017–2019 MS in Clinical Mental Health Counseling <i>CACREP Accredited · Chi Sigma Iota, Counseling Academic & Professional Honor Society International</i>
	University of Richmond Richmond, VA · 1996–2000 BS in Business Administration, Marketing Concentration <i>Magna Cum Laude</i>
Licensing & Certifications	Licensed Professional Clinical Counselor (LPCC-S), E.2303812.SUPV State of Ohio
	National Certified Counselor (NCC) National Board for Certified Counselors
Specialized Training	Certificate in Psychedelic Therapy & Integration Fluence
	PSYCHEDELIC-ASSISTED PSYCHOTHERAPY ◦ Psychedelic Science 2025 MAPS ◦ Psilocybin-Assisted Psychotherapy The Ohio State University CPDRE ◦ Education Program in MDMA-Assisted Therapy Fluence / Lykos Therapeutics / MAPS ◦ Foundational KAP Training, Modules 1–5, and the Practice Module Polaris Insight Center ◦ Ketamine-Assisted Psychotherapy Theory & Methodology Fluence & Journey Clinical ◦ Psychedelic Integration: Premise & Promise Fluence & Journey Clinical ◦ New Advances in Psychotherapy: Learning from Psychedelic-Assisted Treatment PESI COUPLES / RELATIONAL THERAPY ◦ Clinical Foundations in Gottman Method Couples Therapy The Gottman Institute ◦ Relational Life Therapy: Level 1 Relational Life Institute ◦ The Art of Healing in Relationships Trauma Solutions ADVANCED TRAUMA ◦ EMDR Training (Parts 1 & 2) Institute for Creative Mindfulness (EMDRIA-Approved) ◦ IFS Online Circle: Foundations of the IFS Model IFS Institute ◦ IFS Skills to Address Post-Traumatic Shame Frank Anderson ◦ Foundations of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
Additional Professional Experience	Jay Karr LLC Columbus, OH 2016–Present TECHNOLOGY & DIGITAL MARKETING CONSULTANT ◦ Provide technology consultation and digital strategy for mental health practitioners, focusing on HIPAA-secure, client-centric solutions.
	Syneos Health (Formerly Inventiv) Columbus, OH 2015–2016 VP, DIRECTOR OF TECHNOLOGY ◦ Led a 50-person technology department for a major health advertising agency, driving strategic vision, team growth, and delivery of digital projects.
	Bread Financial (Formerly Alliance Data Systems) Columbus, OH 2014–2015 SENIOR ARCHITECT, MARKETING STRATEGY ◦ Developed technology and marketing strategies for new business pitches, contributing to major client wins and over \$2 billion in additional accounts receivable.
	IBM X (Formerly Resource/Ammirati) Columbus, OH 2013–2014 DIRECTOR OF TECHNOLOGY ◦ Directed technology operations and delivery across multiple client portfolios in a digital agency, leading large technology projects such as P&G's global e-commerce framework.
	Earlier Career (2001–2011) — Continuous full-time experience in digital marketing, financial services, and account management. Fahlgren Mortine (Digital Services Director) · Matlock Capital (Administrations) · Shatterbloom LLC (Co-Founder) · LSYdigital (Account Manager)

