

eliminating racism  
empowering women

**ywca**

Kalamazoo

# THERAPY PROGRAM

If you are a victim or survivor of domestic violence, sexual assault, or human trafficking and are interested in individual therapy, please call us to schedule a therapy intake at 269.345.5595 ext. 346.



**Rachel Bartz, LLMSW**

I believe that every survivor should have the ability to process their experiences in a safe space without judgment. Providing active listening, we will utilize your strengths while we navigate which direction to take your individualized route in therapy. I will be alongside you while we take therapy at your own pace, and discover and master skills you can incorporate into your daily life to help the healing process begin.



**Erin Batenburg, MA, LPC**

I believe every person has the capacity to heal from trauma. My goal as a clinician is to help survivors of sexual assault, domestic violence, and human trafficking heal by providing an environment that is client-focused, empathic, and safe. I will work with you to understand your individual struggles and to design a treatment model that focuses on your strengths, utilizes your talents, and provides new resources and skills for healing and recovery. While I am trained in different forms of trauma-based therapy, I make sure to tailor treatment to make sense for each, individual survivor and to be sure that you are empowered to take control of your treatment and your life.



**Lauren Fesler, LLMSW**

I provide an open space where you may choose to share your story at your own pace. I will ask about your life experiences and actively listen to what is important to you. I will work to understand your goals and collaborate with you to find the best fit in a therapist for you to begin your healing journey.



**Autumn Delnat, MA, LPC,  
CSAYC, ACS**

Sometimes just talking with someone allows us to take the time-out in life that we need to decide what move to make next. It may seem too hard to talk to a friend or a loved one, or maybe it feels like there is no where to turn. Together, we can create that safe space to continue to figure out life. I will meet you where you are in life, and we can develop a plan for your treatment together, based on your very individual goals and needs. We will practice tools within session that will transfer into life outside of session. You, as the expert on you, will guide the treatment and will bring what is important to you in life into the session. This will be your time, just for you to be heard to look at your own thought process and to learn how to embrace the power and beauty within you more fully each day.



**Esther Garcia, MA, LPC**

Throughout this journey in life we will all face challenges and seeing an experienced therapist will help you navigate toward a new path. Working together, you will learn to create your own happiness and rediscover the possibilities waiting for you. We all strive to become the best version of ourselves, today is the day to start! Se habla español.



**Jaclyn Reid, LLMSW**

You have the right to be heard, to be seen, to be healed. Life is full of difficulties in the lives of children, teenagers and young adults; There can be pressure, disappointment and challenges coming from many directions, sometimes all at once. My goal is to offer you a supportive, safe, and open environment with a you-centered plan to work toward your specific wants and/or needs to navigate these times.

