

Zsuzsi Gero, MA, LCMHC

Special Advisor



Zsuzsi lives in Hudson, New Hampshire with her partner and her devoted dog, Nisha. She is a warm psychotherapist with a private practice in Nashua. She also enjoys free style barefoot dancing and leading Shake Your Soul classes.

Why I am a special advisor to the board

I find that the positive and healthy approach Vital Cycles uses is very empowering for trauma survivors. I also find the Vital Cycles paths personally empowering and energizing. My background and experience as a professional counselor and therapist is useful in supporting the Board on understanding the wide range of pragmatic applications of Vital Cycles.

What I like Most About Vital Cycles

I have found the core tools and processes that are part of Vital Cycle's "DNA" to be incredibly useful in my private practice, both with individuals and with groups. It has been exciting to nurture the relationship between Bridges NH and Vital Cycles!

Volunteer and Nonprofit Experience

2010-Present Special Advisor,
Vital Cycles

2008-Present Board Member
Surviving Spirit

2007-2010 Co-chair of Publicity Committee for the Annual NSGP

Experience

2008-Present Practicing Private Clinician
2010-2010

Clinician - Partial Hospital Program at Southern New Hampshire Medical Center

2010

2007-2010

Adjunct professor at New England College

2007-2010

2005-2007

Psychotherapist and Counselor at Northeastern University

2004-2005

2003-2005

Co-chair of Publicity Committee for the Annual NSGP

2005 Milieu Counselor and psychotherapist at Two Brattle Center

Mental Health Counselor Intern at RIVERSIDE DAY TREATMENT

Mental Health Counselor Extern at VA Boston Health Care System Causeway Street Community Based Outpatient Clinic

Substance Abuse Counselor Intern, at Andrew House BAY COVE HUMAN SERVICES, Quincy, MA

Education 2000 BS, Lesley University

2005 MA, Lesley University

Professional Interest and Approach

I specialize in improving relationships, effective communication skills and healing the impacts of trauma, abuse and other difficult life experiences.

- My interest includes managing anxiety, stress, depression, grief, borderline personality, self-esteem issues and life transitions.
- I am an advocate of enhancing treatment through body/mind, creative and drama therapy approaches. Integrating such approaches allows for a well rounded understanding and appreciation of all of our aspects and potentials as humans. In addition, play and creativity allows for greater insight, accelerated healing and personal growth while having fun.
- I also firmly believe in the power of groups in healing. Groups offer a special opportunity for connecting and self-reflection, allowing participants to find community and learn from each other in ways that may not occur in individual treatment.

My approach is best described as eclectic and holistic. This means that to provide the most effective and individualized treatment for you, I draw from a variety of approaches including:

- Internal Family Systems (IFS)
- Mind-Body Techniques
- Dialectical Behavior Therapy (DBT)
- Guided Imagery & Mindfulness Meditation
- Expressive Therapy Techniques
- Psychodrama
- Psychodynamic therapy
- Cognitive Behavioral Therapy (CBT)