

Bio:

Name: Jonathan Sellers

I am a pre-licensed Counselor, with a specialization in Clinical Mental Health Counseling. I bring much life experience to my role as an integrated mental health clinician, embedded at Brattleboro Memorial Hospital. I have a background in education and mindfulness studies. In addition to earning a MA Counseling degree from Saybrook University, I also have earned a MEd in Integrative Learning, and a BA in Education and Buddhist Studies. I bring with me extensive knowledge of human growth and development, post-modern and cognitive behavioral, and mindfulness techniques, in addition to a humanistic and Rogerian core orientation. I am a parent to three children under ten, and partner to a certified Nurse Midwife. I enjoy gardening, reading, climbing, and being with my family.

Bio-sketch:**I. Identifying Information**

- Name: Jonathan Sellers, MA Counseling, CMHC
- VT Non-licensed psychotherapist license: 097.0136935
- Position Title: Integrated Mental Health Clinician
- Institution: Maplewood and Windham Family Practice at Brattleboro Memorial Hospital

II. Professional Preparation (Education / Training)

- *Hampshire College*, B.A. in Education and Buddhist Studies, 2008.
- *Endicott College*, Master of Education, 2021
- *Saybrook University*, Master of Arts Counseling, Clinical Mental Health Counseling Specialization, 2026.

III. Personal Statement

I am an Integrated Mental Health Clinician, embedded in Primary Care. In this role, I provide brief psychotherapy, assessment, and consultation with patients receiving medical care in this setting. This also included regular tracking of symptomatic improvement of depression, anxiety, and suicidality, among other mental health disorders, using screening tools such as the Personal Health Questionnaire (PHQ-9), Generalized Anxiety Disorder (GAD-7), and Columbia Suicide Severity Rating Scale (CSSRS). My expertise includes: providing humanistic mental health care, extensive knowledge of human growth and development, and collaboration with medical providers for whole patient care.