

## **Celeste Emelia Mattingly, LCSW**

### **Licensed Clinical Social Worker Psychotherapist/ Healing Facilitator/ Author**

1533 New Britain Ave., Suites 1 & 3  
Farmington, CT 06032-2839  
(860) 470-5404 fax: (860) 321-7353

<https://celestialempowerment.com>  
[cmattingly100@comcast.net](mailto:cmattingly100@comcast.net)

### **Summary of Qualifications**

- ❖ Thirty-eight years of ongoing experience developing expertise in Adult Mental Health and Addiction Issues.
- ❖ Eclectic utilization of Behavior Modification, Dialectic Behavior Training (DBT), Twelve-Step Facilitation (TSF), Self-Psychology, RET, Cognitive Restructuring, Brief and Solution-Focused therapies with Integrative Holistic and Energy-Medicine emphasis.
- ❖ Creator of Celestial Psychology®.
- ❖ Possesses exceptional interpersonal and communication skills, both written and oral.
  - ❖ Remarkable capacity for instilling confidence in the therapeutic process.
- ❖ Exemplary work ethic. Works well independently and within an interdisciplinary team.
- ❖ Highly developed and inherent leadership, supervisory, and conflict-resolution skills.

### **Administrative Specialties**

- ❖ Maintained successful psychotherapy private practice for 23 years.
- ❖ Successful upkeep of license, malpractice insurance (no claims), commercial insurance: Anthem, Beacon Behavioral Health, Cigna, United Behavioral Health, Medicare, Medicaid, and EAP credentialing panels.
- ❖ Navigates all aspects of managed care, including obtaining pre-certification / benefit information and providing ongoing treatment reporting (OTR), utilization reviews, appeals for claim denials, and billing.
- ❖ Upholds all aspects of HIPPA & NASW Confidentiality Compliance, including Security Metrics, verified internet safety.
- ❖ Mentored LCSWs, APRNs, and other licensed clinicians into private practice.
- ❖ Over two years of experience leading teams of professionals in various psychiatric and psychotherapeutic settings.
- ❖ Proficient at marketing, networking, and public relations.
- ❖ Possesses computer skills in Microsoft Word, Publisher, Excel, internet, social media, web design, and billing software.
- ❖ Supervised substance abuse programs.
- ❖ Developed and initiated client rules and regulation protocols at various facilities.
- ❖ Developed and renewed program curricula and schedules.
- ❖ Performed treatment efficacy research.
- ❖ Developed own Likert scale for substance abuse research.
- ❖ Developed and revised policy and procedures manuals at a variety of treatment facilities.
- ❖ Supervised intermediate care program- upholding state and health department regulations for safety and security.
- ❖ Supervised MSW and DARC interns at previous sites.
- ❖ Maintains 24-hour pager coverage.
- ❖ Keeps impeccable industry-standard records.

### **Clinical Specialties**

- ❖ Conducts individual, long-term, and brief eclectic psychotherapy (in-person and telehealth) for adult and geriatric populations.
- ❖ Maintains active client caseload—average seventy.
- ❖ Provides thorough DSM5 assessment and diagnosis.
- ❖ Prepares bio-psycho-socials with emphasis on spiritual/religious influences, individualized treatment, and discharge plans.
- ❖ Intervenes and supports the client at all stages of readiness and development.
- ❖ Upholds ASAM level-of-care guidelines and often refers clients to various treatment facilities for inpatient or partial hospitalization.
- ❖ Provides psychotropic-medication consultations with MDs, APRNs, and PCPs.
- ❖ Maintains a working knowledge of the latest medical and Holistic health treatments.
- ❖ Facilitated about a dozen ongoing therapy groups in private practice throughout the years.
- ❖ Facilitated up to 15 groups per week in other institutional settings.

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**Social Welfare Specialties**

- ❖ Provides affordable outpatient treatment to clients of all socio-economic backgrounds.
- ❖ Provides advocacy and case-management for adult and geriatric populations.
- ❖ Collaborates with the Justice System and the Department of Children and Families.
- ❖ Prepares Social Security Disability (SSD) documentation for clients as needed.
- ❖ Maintains a working knowledge of state and federal entitlement and benefit programs.
- ❖ Highly developed knowledge-base and sensitivity related to the impact of various social, cultural, and gender issues on the mentally- ill, substance-abusing, and spiritually-disempowered populations.

**RELATED EMPLOYMENT HISTORY**

**Sole Proprietor/Independent Contractor**, *Psychotherapy Healing Services, LLC* (circa 1999)

1533 New Britain Avenue, Suites 1 & 3, Farmington, CT 06032 (June 2020 - Present)

**Founder/CEO**, *The Sanctuary for Celestial Empowerment & The Foundation for Celestial Psychology*, 10 Grassmere Avenue, Suite #300, West Hartford, CT 06110 (2009 – April 2020)

**Sole Proprietor/Independent Contractor**, *Psychotherapy Healing Services, LLC*, 100 South Main Street., West Hartford, CT (November 2007 – August 2014)

**Sole Proprietor/Independent Contractor**, *Psychotherapy Services, LLC*, 779 Farmington Ave., West Hartford, CT (September '99 – November 2007)

**Primary Therapist**, *Saint Francis Care BH*, Mount Sinai PHP, Hartford, CT (June '00 - March '01)

**Fee-for-Service Group Facilitator**, *Reid Treatment Center*, Avon, CT (Sept. '99 - June '00)

**Substance Abuse Coordinator**, *Catholic Family Services*, New Britain, CT (Jan. '99 - Aug. '99)

**Primary Therapist**, *Rushford Treatment Center*, Middletown, CT (Sept. '97 - Jan. '99)

**Primary Therapist/CD and Relapse Prevention Track Coordinator/Team Lead**,

*RiverEast Partial Hospital Program – Natchaug Psychiatric Hospital*, Vernon, CT (Jan. '96 – Sept. '97)

**Clinical Social Worker/Trauma Track Intern**, *Institute of Living*, Hartford, CT ('95)

**Psychiatric Social Worker Intern**, *DMHAS, Merritt Hall*, Middletown, CT ('94)

**Clinical Counselor Intern**, *Blue Ridge Treatment Center*, Bloomfield, CT ('93)

**Community Counselor/Night Manager**, *Women's Halfway House, Southeastern Council Alcohol and Drug Dependence*, New London, CT ('84 – '86)

**EDUCATION**

**MSW – Springfield College, School of Social Work Advanced Generalist Program**,  
Springfield, MA - maintained 4.0 - graduated 1995

**BS Human Services/Applied Behavioral Science Focus**

Charter Oak College, Newington, CT - graduated 1992

Completed over 10,000 hours of formal and informal independent study—post-licensure.

**Professional Affiliations**

National Association of Social Workers (NASW) — Member since 1994

**Presenter of numerous NASW approved Workshops on Spirituality & Psychology since 2011**

Holistic Health Chamber of Commerce — Member since 2013

Connecticut Community of Addictions Recovery (CCAR) — Member since 1999

Connecticut Holistic Health Association — Member since 2002

Spiritual Emergence Network founded by Christian Grof — Member since 2013

Association for Spirituality & Psychology, New York, NY — Member since 2011

Association for Comprehensive Energy Psychology (ACEP) — Member since 2018

Founder of *The Foundation for Celestial Psychology*® 2008

Founder of *The Sanctuary for Celestial Empowerment* 2009

Founder of *Celestial Empowerment Quantum Healthcare, LLC* 2023

**References Available Upon the Development of Mutual Interest**

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**Extra-Curricular Specialties**

**Creator of *Celestial Psychology*®**

Registered Trademark 2008

**Books Available on Amazon**

*Celestial Psychology*®: *A Workbook for Chakras, Psychological Theory & Conscious Evolution*  
&

*Celestial Psychology*®: *A Guidebook for Creating Miracles, Luminosity & Conscious Evolution*

**Publishing**

Creator of Adam Kadmon Publishing

**Website Design**

<https://celestialempowerment.com> ~ re-Design by Shoi (2020)

[celestialpsychology.com](https://celestialpsychology.com) (WordPress self-maintained)

Brochure & Logo Designs Examples Available Upon Request

**Social Media**

Constant Contact Newsletter Creator and Manager Since 2010 Maintains 1100+ email data-base  
Created, Wrote, & Published over 350 newsletters with industry-standard above average 25% Open Rate Manages 3  
Facebook Pages, and 1 LinkedIn account since 2011

**Energy Medicine & Consciousness-raising expertise. Various certifications & studies since 1970- over 10K hours.**

**Installed New England's first Tachyon-Energy Chamber 2018- for meditation & healing.**

**NASW Approved Workshops Prepared & Presented:**

- ***Spirituality & Psychology: Are They Really Separate?*** 7.5 NASW Approved CEC Workshop written by Celeste E. Mattingly, LCSW hosted by D&S Associates 2011
- ***The Egoic Mind: What is it and how can understanding this and other New Thought/spiritual or metaphysical concepts assist mental health clients?*** 3 CEC NASW Approved Workshop written by Celeste E. Mattingly, LCSW hosted by NASW at April 2011 Conference
- ***A Seminal Look at Psychological Theory and the Human Chakra System*** 7.5 NASW Approved CEC Workshop written by Celeste E. Mattingly, LCSW hosted by *The Foundation for Celestial Psychology*®, held at *The Center for Holistic Empowerment*, February 2012
- ***Spirituality & Psychology: Overcoming the Schism*** 7.5 NASW Approved CEC Workshop written by Celeste E. Mattingly, LCSW hosted by *The Foundation for Celestial Psychology*®, held at *The Center for Holistic Empowerment*, October 2013
- ***Keeping Psychotherapy Alive & Competitive: Navigating The DSM-5's Medical Model, and the***
- ***Growing Culture of Spirituality in the New Age Supermarket.*** 3 CEC NASW Approved Workshop written by Celeste E. Mattingly, LCSW hosted by NASW at April 2014 Conference
- ***Working with the Spiritually Emergent Client: Is it Spiritual Emergence or Psychiatric Emergency?*** 7.5 NASW Approved CEC Workshop written by Celeste E. Mattingly, LCSW hosted by *The Foundation for Celestial Psychology*®, held at *The Sanctuary for Celestial Empowerment*, 2015 to present.

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**References**

Melissa Shute, LPC, BCH, DDiv  
Mind Power Psychotherapy & Hypnosis, LLC  
3 Barnard Lane, Unit #304  
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860-796-5306

Annmarie Bernier, APRN  
Lotus Behavioral Health  
45 South Main Street  
West Hartford, CT 06107  
860-480-0198

Deborah Shapiro, LCSW  
801 Farmington Avenue  
West Hartford, CT 06119  
860-983-0712

Steve Karas, LCSW  
188 Hatch Hill Rd.  
Vernon, CT 06066  
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