

Celeste Emelia Mattingly, LCSW

Licensed Clinical Social Worker Psychotherapist/ Healing Facilitator/ Author

1533 New Britain Ave., Suites 1 & 3
Farmington, CT 06032-3341
(860) 470-5404 fax: (860) 321-7353
<https://celestialempowerment.com>
cmattingly100@comcast.net

Summary of Qualifications

- ❖ Forty-one 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 26 years.
- ❖ Successful upkeep of license, malpractice insurance (no claims), commercial insurance: Anthem, Optum 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/ 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.

**Celeste Emelia Mattingly, LCSW
Psychotherapist/Healing Facilitator/Author**

1533 New Britain Ave., Suites 1 & 3

Farmington, CT 06032-3341

860-470-5404 fax: (860) 321-7353

<https://celestialempowerment.com>

cmattinglv100@comcast.net

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

Founder of Kaleidoscope for Becoming Better & Brighter Coaching Services, October 2025

Sole Proprietor/Independent Contractor, *Psychotherapy Healing Services, LLC (circa 1999) Celestial Empowerment Quantum Healthcare, LLC (circa 2023)* 1533 New Britain Avenue, Suites 1 & 3, Farmington, CT 06032

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 Christina 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 *Celestial Empowerment Quantum Healthcare, LLC* 2023

References Available Upon the Development of Mutual Interest

**Celeste Emelia Mattingly, LCSW
Psychotherapist/Healing Facilitator/Author**

1533 New Britain Ave., Suites 1 & 3
Farmington, CT 06032-3341
860-470-5404 fax: (860) 321-7353
<https://celestialempowerment.com>
cmattingly100@comcast.net

Extra-Curricular Specialties

Creator of *Celestial Psychology*®

Registered Trademark 2008

Books Available on Amazon

Kaliedoscope for Becoming: A Grimoire of Revolution
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) ~ (WordPress self-maintained)
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, 1 LinkedIn account since 2011, Instagram 2025

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

Installed 2 of New England's first Tachyon-Energy Chambers 2018 & 2022 - for meditation, healing, and anti-aging.

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.

**Celeste Emelia Mattingly, LCSW
Psychotherapist/Healing Facilitator/Author**

1533 New Britain Ave., Suites 1 & 3
Farmington, CT 06032-3341
860-470-5404 fax: (860) 321-7353
<https://celestialempowerment.com>
cmattingly100@comcast.net

References

Melissa Shute, LPC, BCH, DDiv
Mind Power Psychotherapy & Hypnosis, LLC
3 Barnard Lane, Unit #304
Bloomfield, CT 06002
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
860-236-2028

