

# RACHEL HARLICH

## ***About me***



Rachel Harlich, LMSW (she/her) is a psychotherapist, coach, speaker, and consultant who specializes in working with sexual and gender diverse clients (LGBQ+, TGNC, polyamorous/non-monogamous, kink-involved, and sex worker clients) on issues of complex and adulthood trauma, relationship and attachment issues, substance use, anxiety, and depression. She specializes in providing somatic (body-based), emotion-focused, and relational psychotherapy and coaching, and workshops and consulting on the following areas:

- Trauma (Complex, Interpersonal, Intergenerational, Systemic)
- Relationships and Attachment
- Somatic Healing
- Mindfulness Practices for Mental Health
- LGBTQ+ DEI
- Sex Worker Competency
- Sex-Positivity
- Kink and BDSM Awareness
- Compassion Fatigue, Vicarious Trauma, and Burnout

## ***Areas of expertise***

PSYCHOTHERAPIST, EDUCATOR, CONSULTANT, COACH