

## **Dr. Sheila Sweeney's Bio (short & long version)**

### **Short Version:**

Dr. Sheila Sweeney is an experienced Psychotherapist, Consultant, & Faculty Member with a demonstrated history of working in the mental health & higher education industry. Skilled in Psychodynamic Psychotherapy, Parent-Child Development, Consultation, Reflective Practice, Crisis Intervention, and Family-Community Connections. A strong educated professional, who has obtained the Doctor of Philosophy (Ph.D.) Degree in psychodynamic psychotherapy, a Master of Social Work Degree, with a clinical emphasis, and certification in Infant and Early Childhood Mental Health.

**Research Topic:** Reflective Functioning in Young Adult African American Mothers (2018).

### **Long Version:**

Dr. Sheila Sweeney is an African American Clinical Social Worker, trained in psychodynamic psychotherapy, with a focus on multigenerational trauma-to-healing experiences; intergenerationally and intersystemically. Dr. Sweeney believes that all persons and agencies have a need and a right to be healthy.

*Healing experiences should be a birthright, it should be an expectation, says Dr. Sweeney.*

More than just your typical therapist, Dr. Sweeney listens, takes interest, understands, and helps to transform trauma stories into healing explorations. Dr. Sweeney uses these techniques to connect with people who do not believe healing is possible. Dr. Sweeney believes that healing is both an individual and collective process. By way of Peaces 'n PuzSouls: Journies thru Healing (PPJTH), Dr. Sweeney provides a personable and trusting space, with individualized and quality psychotherapy services to individuals and agency-systems. Peaces 'n PuzSouls: Journies thru Healing is located in the heart and soul of the Rondo Community of Saint Paul, Minnesota.

Dr. Sweeney holds a Bachelor of Science degree in Social Work, with a minor in Criminal Justice from the College of St. Catherine; a Master's degree in Clinical Social Work from the University of St. Thomas and College of St. Catherine; a PhD in Psychodynamic Psychotherapy from the Institute of Clinical Social Work; and a certificate in Infant and Early Childhood Mental Health, from the University of Minnesota. Dr. Sweeney is Licensed as an Independent Clinical Social Worker (LICSW) and endorsed as an Infant Mental Health Specialist (IMH-E®), in the state of Minnesota.

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