

Seema Dasani, M.S., LPC-A

www.seemadasani.com

PROFILE

Seema's education and experience spans nearly 30 years in corporate and wellness settings. She is a Licensed Professional Counselor-Associate (M.S., LPC-A) and a Certified Holistic Health Counselor (CHHC). Seema specializes in working with people who feel stuck and are looking to live a more conscious life, a life strewn with a deeper sense of meaning and contentment. Her work is centered on facilitating and guiding people along their own journey towards once again rediscovering who they *really* are, at their core. Seema integrates her expertise in Clinical Mental Health Counseling, Eidetic Image Psychology, Nutritional/Wellness Counseling, Psychology of Eating, Reiki, Meditation, Dance and Movement among other tools and techniques that have been vital to her journey of healing and transformation. Seema shares the wisdom she has gained and brings a deeper level of understanding and compassion to the challenges faced by her clients.

PROFESSIONAL EXPERIENCE

- Present: Licensed Clinical Mental Health Counselor, Empathy Group Facilitator – Private Practice
- 2010 to Present: Certified Holistic Health Counselor
- 2019 to 2021: Writer on Writers' Bench – Newristics, Scottsdale, AZ
- 2014 to 2017: Meditation Group Facilitator — Silver Hill Hospital, New Canaan, CT
- 2009 to 2011: Partner, VP Wellness Programs — Eat Right America, New Canaan, CT
- 1996 to 2009: Managing Associate (youngest to be promoted to this position), Recruiting Director & Head of Client Management — New England Consulting Group, Westport, CT

EDUCATION

- Western Connecticut State University, MS, Clinical Mental Health Counseling, 4.0 GPA, 2023; Chi Sigma Iota, International Counseling Honors Society
- Institute for Integrative Nutrition and Columbia University, Holistic Health Coach Certification, 2008
- University of Pennsylvania, BA, Communications and Psychology, 3.64 GPA; Magna Cum Laude, 1996
- Diocesan Girls' School, 1992

SELECT TESTIMONIALS

EIDETIC/EMPATHY GROUP FACILITATOR

- *“Seema is a highly skilled group facilitator with a keen intuitive gift for cultivating an environment of safety and trust. As a facilitator, Seema led the group by creating sacred space, clear boundaries, and an openness to deeply listen to ourselves as well as the other group members. Personally, it helped me to access my feelings in a deep way, something akin to opening a dark door and letting the light in.”*
- *“The group gave me a different perspective of past memories that were holding me back from living my full potential as a human being. Seema helped me to understand how, with the feeling of love and not judgment, I can face those memories and understand that there is a different way to cure the wounds of painful past situations, and let go of the fears and bad habits that they have caused in my life.”*
- *“Seema was in control of the group process in a professional and caring manner, which allowed all of us to open our hearts and access repressed emotions. The healing was profound for every participant. Seema taught us how to go inward and capture buried memories and images in a non-threatening manner so we could examine and understand the roots of our formative patterns—our deepest sense of self. She taught us how to be focused and present, how to bear witness to each other’s pain, loss or humiliation without comment or judgment. Seema has the gift of intuition, what I would call an extra sixth sense, to tune into the needs of others, and this hypersensitivity is a gift that is rare.”*

HOLISTIC HEALTH COUNSELOR

- *“Seema Dasani was an amazing, eloquent speaker who was able to instantly reach every listener in her audience. It was not only a great speech with a wakeup call message in it, but a voice of a teacher with a long personal journey. Inspired by Seema’s example, many of our employees have been signing up nutritional counseling and getting slimmer, healthier and happier.”*
- *I am a middle-aged executive; a damaged lower back prohibits me from exercising regularly and a stressful work environment encourages poor eating habits. This helped me gain almost 50 lbs over the past 12 years. As of the current date, I have lost 40 lbs thanks to Seema’s guidance. I truly believe that I would not have achieved this milestone without Seema’s help. She explained the importance of properly nourishing the body. In losing this weight, my vital metrics (body mass index, cholesterol, triglycerides, blood pressure, etc) have decreased substantially. At my last annual medical exam, my primary care physician, who had been diligently warning me over the past few years that I was not on a healthy trajectory, said that I made his day. He asked what it was that helped me change the error of my ways. I told him that a very special, gentle person said all the right things, in the right ways, and made suggestions that were sensible, healthy, and easy to follow. She did not make me feel like an overweight weakling; she did not judge me. Rather, it was her gentle, caring, and knowledgeable direction that set me on the right course”.*