

Natalie Marie Collins

LMSW - Trauma Informed Yoga - RYT 200 - RCYT 95

Education

University of Maryland, Baltimore, MSW

Shady Grove, MD

School of Social Work, Clinical Behavioral Health, Graduated May 19th 2022
Licensure completed June 2022, License #28720

University of New Orleans, BA in Theatre

New Orleans, LA

Graduated Summa Cum Laude in May 2017
Outstanding Achievement Award in Theatre Arts
Agnes in *Agnes of God*, Nominated for an Irene Ryan Award

Social Work Experience

2022 - Present

Rathbone and Associates

Bethesda, MD

DBT-Linehan Board of Certification, Certified DBT Program™

DBT Therapist

- Provides individual therapy to adolescents and young adults in comprehensive DBT program
- Co-facilitates DBT skills groups
- Offers phone coaching to DBT clients
- Participates in weekly DBT consultation team meetings
- Conducts assessments to build case conceptualizations

2021-2022

Rathbone and Associates

Bethesda, MD

Social Work Intern

- Provided comprehensive DBT including individual therapy, DBT skills groups, and phone coaching
- Developed and implemented a Trauma Informed Yoga program for female identifying persons
- Took pre and post treatment measures to assess the effectiveness of trauma informed yoga program and noted increased levels of self compassion in participants
- Observed and assisted DBT-PE sessions

2020-2021

Prackind, the Wellness Group

Lanham, MD

Private practice that specializes in CBT, sex and relationship therapy, premarital counseling, adolescent therapy and faith based counseling

Social Work Intern

- Provided individual therapy using CBT and trauma informed yoga
- Developed yoga and mindfulness programming for clients
- Researched therapeutic techniques for sex and relationship therapy & wrote educational articles for client network
- Worked directly with founder to create workshops to teach couples effective communication skills
- Developed a mood tracker specifically for couples aimed to encourage mindfulness and intentionality in partnerships

Additional Experience

2020-Present

The Flow with Natalie

Washington, DC

Owner & Yoga Teacher

- Teaching trauma informed yoga, including pranayama, meditation, asana, and yogic philosophy in outpatient treatment settings
- Leading yoga and mindfulness classes for corporate events
- Hosting yoga workshops in community spaces in DC
- Teaching private yoga sessions to adult and child clients in home settings, outdoors and/or on zoom
- Hosting free classes over zoom to make yoga accessible to the greater community
- Providing consultation to other yoga and meditation teachers in the community

2017-2021

Breathing Space DC

Washington, DC

Children's Yoga Teacher

- Teaching yoga, mindfulness, and meditation to children ages 2-14 in daycares, public schools and private schools in the DMV area
- Co-leading yoga camps that aimed to teach children yogic philosophy such as kindness, truthfulness, and generosity,

through games, crafts, movement classes and outdoor activities

- Teaching outdoor, masked and socially distanced yoga classes to children ages 4-6 in “pods” during the pandemic, and their caregivers

2018-2020

Yoga District
Yoga Teacher

Washington, DC

- Teaching vinyasa classes that emphasized self compassion, mindful exploration, pranayama and inward reflection
- Working directly with students to address injuries and other conditions in order to enhance the therapeutic benefits of the yoga class
- Providing consensual physical assistance to students to adjust alignment, enhance the physical benefits of postures and encourage relaxation in restorative postures
- Leading meditation classes primarily utilizing metta and mindfulness techniques

2018-2019

Maryland Renaissance Festival
Actress

Crownsville, MD

- Performed the lead role of Finea in La Dama Boba (2018)
- Performed the lead role of Juliet in Shakespeare’s Romeo and Juliet (2019)
- Performed Streetspeare scenes, Richard III, As You Like it, Romeo and Juliet, and Much Ado About Nothing
- Featured dancer in festival dance company

Specialized Training & Certification

Trauma Informed Yoga Certification through My Vinyasa Practice	August 2021
Completed Interpersonal and Social Rhythm Therapy (IPSRT) Training	October 2020
Registered Yoga Teacher through the Yoga Alliance (RYT & RCYT)	January 2019
Graduated Studio Theater Acting Conservatory	January 2019
200 Hour Yoga Teacher Certification through Yoga District	May 2018
95 Hour Children’s Yoga Teacher Certification through Wild Lotus Yoga Studio	July 2016