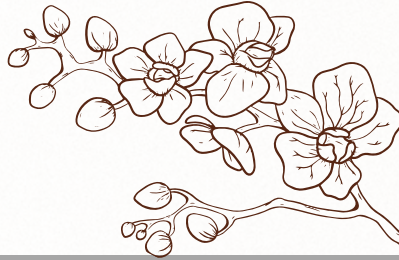


CHINNY NEAL

Relationship, Attachment, & Trauma Expert

Licensed Marriage & Family Therapist
Licensed Professional Counselor
National Certified Counselor
AAMFT-Approved Clinical Supervisor

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@CHINNY.NEAL
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Compassionate, culturally sensitive, and trauma-informed psychotherapist and scholar-practitioner committed to delivering exceptional care, implementing effective treatment plans, and promoting optimal mental health and well-being to individuals, couples, families, and groups as they work through behavioral, emotional, and relational concerns, mental disorders, and other issues within community and family systems. As an Emotionally Focused Therapy (EFT) advanced trained clinician, my focus is on helping individuals and couples alike improve attachment bonding, strengthen sense of self, build emotional security and resilience, and create new meaning.

Education

- **PhD**, Marriage and Family Therapy, Northcentral (National) University, 2025
- **MS**, Marriage, Couple, and Family Counseling, Walden University, 2020
- **BS**, Psychology, Pennsylvania State University, 2012

Research Interests

Intergenerational Trauma | Intimate Relationship Bonding | Relationship Satisfaction | Military Couples | Attachment | Substance Use

Populations of Interest

Individuals | Couples | Families | Groups

Professional Memberships

- American Association for Marriage and Family Therapy (AAMFT) – Clinical Fellow & MFP Doctoral Fellow
- International Centre for Excellence in Emotionally Focused Therapy (ICEEFT) – EFT Advanced Trained Therapist

Expertise

Conflict Resolution | Communication Skills Building | Trauma and PTSD | Military/Veterans | Anger and Trust Issues | Intimacy and Sexuality | Separation and Divorce | Infidelity | Family Conflict | Parenting | Premarital Counseling | Blended Family Adjustments | Life Transitions | Depression | Grief and Loss Concerns | Codependency | Financial Issues

Advanced Evidence-Based Modality Training

Emotionally Focused Therapy (EFT) | Gottman Method Couples Therapy | Structural Family Therapy | Internal Family Systems Therapy | Cognitive Behavioral Conjoint Therapy for PTSD (CBCT for PTSD) | Cognitive Processing Therapy (CPT) | Written Exposure Therapy (WET) | Prolonged Exposure Therapy (PE) | Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) | Dialectical Behavioral Therapy (DBT) | Motivational Interviewing (MI) | Solution Focused Brief Therapy (SFBT)

Ask me about

Therapeutic Services | Clinical Supervision | Consulting | Program/Curriculum Development | Speaking Engagements