**Katie Bresky, LMSW**

Clinical Social Worker, Michigan Medicine

Infant and Early Childhood Clinic

Women and Infants Mental Health Clinic

**Biography**

Katie Bresky is a Licensed Clinical Social Worker (LCSW). She is currently employed at Michigan Medicine as a clinical supervisor and clinician in the Women and Infants Mental Health Clinic as well as the Infants and Early Childhood Clinic. Ms. Bresky partners closely with families and young people to improve their overall sense of safety, health and connection to others.

She has advanced intensive training in Dialectical Behavior Therapy, is rostered and trained in Child Parent Psychotherapy as well as intensively trained in Eye Movement Desensitization and Reprocessing. She has more than 11 years’ experience working with infants and parents in the context of relational work, traumatic experiences and postpartum adjustment. She currently runs the Perinatal Dialectical Behavior Therapy group, supervises and trains both state and local therapists in the CPP modality.

**Areas of Interest**

* Early childhood trauma, Perinatal Trauma and other trauma related disorders
* Infant-parent and parent-child relational work
* Perinatal depression and anxiety
* Dialectical Behavior Therapy
* Child Parent Psychotherapy

**Credentials**

* 2009 - Eastern Michigan University, Master of Social Work