

Dr. Jamie+ Marich (she/they) describes herself as a facilitator of transformative experiences. She is a woman in long-term recovery from an addictive disorder and is living loudly and proudly as a woman with a dissociative disorder with the goal of smashing stigma about dissociation in the mental health field and in society at large. Jamie began her career as a humanitarian aid worker in Bosnia-Herzegovina from 2000-2003, primarily teaching English and music. Jamie travels internationally teaching on topics related to trauma, EMDR therapy, expressive arts, mindfulness, and yoga, while maintaining a private practice and online education operations in her home base of Warren, OH. Marich is the founder of the Institute for Creative Mindfulness and the developer of the Dancing Mindfulness approach to expressive arts therapy. She is the developer of Yoga for Clinicians. Marich is the author of *EMDR Made Simple: 4 Approaches for Using EMDR with Every Client* (2011), *Trauma and the Twelve Steps: A Complete Guide for Recovery Enhancement* (2012), *Creative Mindfulness* (2013), *Trauma Made Simple: Competencies in Assessment, Treatment, and Working with Survivors*, *Dancing Mindfulness: A Creative Path to Healing and Transformation* (2015), and *Process Not Perfection: Expressive Arts Solutions for Trauma Recovery* (2019). Marich co-authored *EMDR Therapy & Mindfulness for Trauma-Focused Care* along with colleague Dr. Stephen Dansiger in 2018, and their new book with Springer Publishing *Healing Addiction with EMDR Therapy: A Trauma-Focused Guide* released in 2021. North Atlantic Books published a revised and expanded edition of *Trauma and the 12 Steps* in the Summer of 2020, and they released *The Healing Power of Jiu-Jitsu: A Guide to Transforming Trauma and Facilitating Recovery* in 2022. Her latest release with North Atlantic Book, *Dissociation Made Simple: A Stigma-Free Guide to Embracing Your Dissociative Mind and Navigating Life* is due out in January 2023. The New York Times featured Marich's writing and work on *Dancing Mindfulness* in 2017 and 2020. NALGAP: The Association of Gay, Lesbian, Bisexual, Transgender Addiction Professionals and Their Allies awarded Jamie with their esteemed President's Award in 2015 for her work as an LGBT advocate. The EMDR International Association (EMDRIA) granted Jamie the 2019 Advocacy in EMDR Award for her using her public platform in media and in the addiction field to advance awareness about EMDR therapy and to reduce stigma around mental health. Marich formerly sat on the clinical workgroup of EMDRIA's Council of Scholars, and currently sits on the editorial board of the *Journal of EMDR Practice and Research*.