



# R·I·S·E

REVITALIZING INNER  
SELF ESSENCE

REVITALIZING INNER SELF ESSENCE LLC, IS A TRAUMA-BASED PRIVATE PRACTICE IN BALTIMORE, MD.

**At R.I.S.E, we focus on providing a holistic, person-centered approach to trauma based mental health and wellness services.** We foster a non-judgmental space for healing for individuals who have experienced traumatic events.

Revitalizing Inner Self Essence LLC, is dedicated to providing quality trauma treatment through psychotherapy. It is our mission to assist those impacted by traumatic events to heal through self-discovery. It is our belief that everyone deserves healing and that we all have the tools to heal. We envision a life for each individual that is not controlled by fight, flight or freeze.

## Meet Christina Simmons

CLINICAL SOCIAL WORKER | CONSULTANT | MENTAL HEALTH ADVOCATE | SPEAKER

Christina graduated Cum Laude from the University of Maryland, Baltimore County, obtaining a Bachelor's degree in Social Work. Christina graduated Summa Cum Laude from the University of Maryland, School of Social Work, where she graduated with a Master's in Social Work concentrating on Clinical Mental Health.

Christina is pursuing a Ph.D. in Mind-Body Medicine, specializing in Integrative Mental Health, Integrative and Functional Nutrition, and Clinical Hypnosis.

Throughout her career, Christina has worked in the following areas: Child Welfare, Domestic Violence, Clinical Mental Health, Medical Social Work, and Substance Use. Christina has worked in the following settings: Departments of Social Services, Non-Profits, Outpatient Mental Health Centers, Hospitals, and Federally Qualified Health Centers. Christina holds certificates in Mind-Body Medicine, Eye Movement Desensitization Reprocessing (EMDR), and Advanced Trauma Treatment. She has notably completed training on decolonizing mental health, energy healing, internal family systems, sound bowl therapy, and providing trauma-informed supervision.

These experiences led to the development of her own private practice, in which she gives special attention to marginalized populations in a therapeutic environment. Christina focuses on the impact of traumatic events on identity and personal development and how to use integrative skills to foster healing in the lives of her clients.



@RISEMDLLC  
RISEMDLLC.COM

As a social worker, she also supervises and trains other social workers seeking independent licensure. As an integrative clinician, she provides sound bowl therapy and energy healing sessions.

Christina is a wife and the proud daughter of a Vietnam Veteran. She is passionate about healing, social justice, mental health, and improving the lives of people of color. When Christina is not serving others, she enjoys traveling, trying new restaurants, reading, and spending time with her wife and family.

## Speaking Topics

- Mental Health
- Mind-Body Medicine
- Healing Supervision/Leadership
- Trauma-Informed Care
- Coping Skill Development
- Self-Care and Self-Compassion
- Self-Esteem
- Integrative Mental Health
- Co-Occurring Disorders
- Mandatory Reporting
- Systemic Oppression
- Domestic Violence
- Child Abuse and Neglect
- Privacy and Confidentiality
- LGBTQIA+ Care

## Outcomes

- Lasting Motivation and Empowerment
- Practical Skills for Clinical Intervention
- Implementable Trauma-Informed Approaches
- Effective Mind-Body Medicine Skills

“*Just wanted to let you know that I was recently working with a social worker outside of the agency who was working with a mother involved in a domestic violence situation. The worker shared that she was hesitant to report to CPS given the domestic violence dynamics. She told me that she ended up becoming connected to you, Christina and she felt so at ease, she went on and on about how confident she felt leaving her client in your care. She shared that you were professional, confident and had a nuanced understanding of domestic violence, such that she felt comfortable turning over the reigns to you. I know that you work so hard to provide the best services to the families we all see and just wanted to let you know how grateful we are.*”

—LAUREN H.  
Baltimore County Department  
of Social Services

## Christina specializes in:

- Traumatic Grief for Homicide Survivors
- Depression
- Trauma
- Domestic Violence
- Self-Esteem
- Confidentiality/Ethics
- LGBTQIA+ Care

## Christina has shared her message with:

- Baltimore County Government
- Maryland Association of Victim Service Providers
- In Plain Sight Domestic Violence Conference
- Baltimore City Homicide Survivors Support Network
- Roberta's House
- Maryland Network Against Domestic Violence
- Guam Coalition Against Sexual and Family Violence
- VERA Institute of Justice
- Montgomery County Health and Human Services
- Park West Health Systems, Inc.



@RISEMDLLC  
RISEMDLLC.COM

“ *I was an attendee at the Maryland Association of Victim Service Professionals meeting, where you did a presentation on mental health. Your presentation resonated that you are a true expert in the field of mental health and that you are committed to the profession. How you delivered your presentation was very impactful and thought-provoking. By the end of your presentation, I garnered a keen understanding that mental health is equally important as physical health. Your handouts complemented your presentation, and I will use them as a point of reference in the future.*

*I have attended mental health presentations in the past; however, Your presentation deserved a standing ovation because you delivered it in a manner that removed shame and stigma. During your presentation, I remained fully attentive because it was so interesting. The other attendees were locked and loaded with many questions, and you were able to answer each question posed without wavering. You are an excellent presenter because you made mental health easier to understand. I would not hesitate to attend another one of your presentations in the future.*

*Thank you for all that you do to educate the community.*

**–GLORIA L.**

Maryland Governor’s Office of Crime Control and Prevention

”