

# **Emily Longo, MA, LMFT**

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## **Education:**

***M.A. in Marriage and Family Therapy, December 2013***

*Fairfield University, Fairfield, CT (2009 to 2013)*

***B.A. in Psychology***

*University of Connecticut - Stamford, CT (2005 to 2007)*

## **Work Experience:**

***Private Practice, owner***

*Fairfield County Family Therapy, Trumbull, CT (February 2016-present)*

- Outpatient therapy for individuals and families with a trauma focus.
- Specialty working with elementary aged children and older.
- Collaborate with systems within the community.

***Clinician***

*Boys & Girls Village EDT Program, Bridgeport, CT (August 2015-August 2016)*

- Facilitate clinical, psychoeducational, and multi-family groups in a milieu setting.
- Conduct individual and family therapy sessions.
- Collaborate with school, Department of Children & Families, and the juvenile justice system.

***Clinician***

*Boys & Girls Village IICAPS Program, Bridgeport, CT (February 2014-August 2015)*

- Conduct in-home individual and family sessions in an intensive treatment format to a diverse population.
- Complete continuing education training on best practices.
- Collaborate with systems within the community.

***Direct Care Staff***

*Mid-Fairfield Child Guidance Center EDT Program, Norwalk, CT (August 2011-February 2014)*

- Extensive training in verbal and physical de-escalation and restraint strategies.
- Transported clients to and from school as well as provider meetings.
- Facilitated therapeutic art and play sessions in a milieu setting.

### **Additional Skills & Qualifications**

- Licensed Marriage & Family Therapist in Connecticut
- Certified Brainspotting Therapist, 2018
- Certified Adoption Competent Therapist, 2019
- Certified Safe & Sound Protocol Practitioner, 2020

### **Research Interests:**

- Attachment theory and infant neurobiology
- Adverse Childhood Experiences (ACES)
- Child Welfare Advocacy  
Trauma-Informed Education
- Systemic and Institutional trauma within the adoption and foster care population