

Letitia Laurien, BSW, LCSW, QS

Based in Fort Pierce, Florida | Available In-Person & Virtually

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Professional Profile

Licensed Clinical Social Worker, Wellness Consultant, Educator, and Speaker with over 25 years of experience at the intersection of mental health, spiritual formation, and education. Letitia is a trauma-informed, faith-based advocate dedicated to holistic healing, culturally responsive leadership, and empowering individuals and communities through mental, emotional, and spiritual wellness.

Core Competencies

- Trauma-Informed Clinical Supervision
- Suicide Prevention & Crisis Intervention
- Corporate & Faith-Based Wellness Training
- Leadership & Team Development
- Workshop & Retreat Facilitation
- Culturally Responsive Teaching
- Mindfulness & Breathwork Integration
- Holistic Program Design & Organizational Strategy

Education

Norfolk State University – Norfolk, VA

- Master of Social Work

- Bachelor of Social Work

Calvin Theological Seminary- Grand Rapids Michigan

Currently Pursuing:

- Master of Arts in Christian Leadership

Certifications

- Licensed Clinical Social Worker (LCSW)
- Qualified Supervisor (QS)
- Certified Meditation Teacher
- Certificate in Mindfulness and Psychotherapy

Professional Experience

- **Tulane University — Adjunct Professor of Social Work (2018–Present)**
 - 🎓 Instructs graduate-level social work courses with a focus on clinical practice, cultural competence, and evidence-based interventions.
 - 🎓 Mentors students in academic growth, professional identity development, and ethical decision-making.
 - 🎓 Collaborates with faculty on curriculum design, online learning strategies, and course evaluation.

- **Looseleaf Holistic Wellness, LLC — Founder & Mental Health & Wellness Consultant (2020–Present)**
 - Designs and delivers evidence-informed seminars and speaking engagements on emotional regulation, stress management, self-care, and holistic wellness, offered in diverse formats including retreats, workplace wellness programs, and community-based events.
 - Provides consultation and facilitation of customized mental health and wellness workshops and trainings to support organizational well-being, employee engagement, and resilience.

- **Inner Circle, Inc. — Clinical Program Manager (2007–Present)**
 - Provide leadership and oversight for clinical programs and staff operations to ensure high-quality service delivery.
 - Designed and launched comprehensive outpatient mental health programming tailored to diverse client needs.
 - Developed and led community-based suicide prevention initiatives to promote awareness, education, and early intervention.

- **Looseleaf Clinical Consulting, LLC — Mental Health Therapist (2012–2020)**
 - Provided therapy using CBT, ACT, and mindfulness-based interventions through individual and group therapy.
 - Supported organizational leadership and clinical development.
 - Developed crisis intervention and wellness programming.

PREVIOUS WORK HISTORY

Hampton Newport News Community Services Board

Therapeutic Day Treatment Program Manager
Substance Abuse Therapist

September 2009- October 2012
April 2007 – August 2009

<i>Psychiatric Solutions, Inc.</i> CLINICAL THERAPIST	Jan. 2006 – April 2007
<i>Compass Youth Services</i> HOME-BASE COUNSELOR	Oct. 2006 – April 2007
<i>WES Corporation</i> OUTPATIENT THERAPIST	Nov. 2004 – Jan. 2006
<i>Wadsworth Academy</i> OUTPATIENT THERAPIST	Aug, 2003 – Oct. 2005
<i>JFK Community MH/MR Center</i> SOCIAL WORKER II	June 2003 – Oct. 2004
<i>Hillcrest Clinic</i> SOCIAL WORKER I	Feb. 2001 – June 2003
<i>Alternative Behavioral Services</i> RESIDENTIAL COUNSELOR	July 1999 – July 2001
<i>Our House</i> COUNSELOR	July 1997 - July 1999

Speaking Engagements & Workshop Topics

- Workplace Wellness & Leadership
 - From Burnout to Harmony
 - Mastering the Clock: Time Management
 - Mindful Leadership
 - Navigating Emotional Triggers at Work
 - Coping with Change & Uncertainty
 - The Power of Gratitude
- Faith-Based Topics
 - The Marriage Blueprint
 - Caring for the Body as God's Temple
 - Mental Health in the Church
 - Spiritual Rest & Rhythms of Grace
- Mental Health & Community Training
 - Suicide Prevention & Trauma Recovery
 - Anxiety & Depression Management
 - Breathwork & Meditation
 - Emotional Intelligence for Youth
 - Boundaries & Resilience Building

Community Initiatives & Projects

- MESS Talks: Mental, Emotional & Spiritual Soul Talks
- The 20:02 Project: Suicide Prevention
- Being Me Blog & Eat, Pray, Love, Heal, Repeat Podcast
- SWFC: Social Workers for Change
- Intentional Communities & Clinical Kickbacks
- Strands of Strength (Collaborative Women's Initiative)

Signature Strengths

- ✓ Compassionate & Authentic Communicator
- ✓ Creative, Trauma-Informed & Culturally Responsive Trainer
- ✓ Experienced Educator in Secular and Faith-Based Settings
- ✓ Engaging Speaker in Keynotes, Retreats, Workshops & Classrooms