
ANGELA GOUGER, MS, LPC, BCN, SEP

PROFILE

Angela Gouger graduated from the University of Texas at San Antonio with her Masters of Science in Clinical Mental Health. She was able to obtain a multitude of experiences through her work with various organizations such as: the Children's Bereavement Center of South Texas - where she obtained skills with individual clients, as well as being the group facilitator of the "Little Hearts" group (3-5 year olds); the University of Incarnate Word - where she focused on EMDR and trauma based counseling; Catholic Charities - trauma and faith based counseling; and the UTSA Sarabia Center - where she counseled clients as well as provided Neurofeedback therapy.

The University of Texas at San Antonio is one of only three credentialed programs in the nation for Neurofeedback. During her time in the program Angela became instrumental in facilitating training to all of the new introductory students. Through research conducted at UTSA, her research group received awards for their pilot study: "Using Neurofeedback to Lower Anxiety Using Individualized qEEG Protocols: A Pilot Study"; which was also published in the journal Neuroregulation. She is board certified in Neurofeedback by the Biofeedback Certification International Alliance.

She has served on various boards including: Biofeedback Society of Texas as Past President, as well as Treasurer of the Alamo Chapter of the Play Therapy Association.

Angela obtained Eye Movement Desensitization and Reprocessing (EMDR) training through Rick Levinson, LCSW and is deeply passionate about its utilization and benefits with a variety of clients, especially those who have survived a traumatic incident.

She is a Somatic Experiencing Practitioner trained in Peter Levine's Somatic Experiencing by the Somatic Experiencing International Trauma Institute and believes this adds a much needed body based approach to her list of modalities. She has continued trainings in the Somatic modalities of Integral Somatic Psychology - Raja Selvam and Trauma Through a Child's Eyes - Maggie Kline.

By integrating the various modalities in which she has specialized in, Angela is able to bring an integrative holistic client-centered approach, which is individually catered to each client's unique needs.

EXPERIENCE

NEUROFEEDBACK CLINICIAN/COUNSELOR/OWNER, EMBODY HEALING;
HOUSTON, TX – 2018-PRESENT

Integrative private practice in Houston, TX focusing on the utilization of Neurofeedback, Biofeedback, EMDR, Somatic Experiencing and Play Therapy in the treatment of a variety of populations.

NEUROFEEDBACK CLINICIAN/LPC-INTERN, WELL MIND CENTER; SAN ANTONIO,
TX – 2016-2018

LPC-Intern under supervision of Dr. Mark S. Jones, DMin, LMFT-S, LPC-S, BCN, QEEGD - EMDR, play therapy, biofeedback, neurofeedback.

ASSOCIATE COUNSELOR/GROUP FACILITATOR/COUNSELING INTERNSHIP, THE
CHILDREN'S BEREAVEMENT CENTER OF SOUTH TEXAS; SAN ANTONIO, TX –
2015-2018

LPC-Intern under supervision of Dr. Mark S. Jones, DMin, LMFT-S, LPC-S, BCN, QEEGD;
Group facilitator for the Little Heart's Group (3-5 year olds); Individual Counseling/Play
Therapy/EMDR serving children's grief based traumatic populations; helped facilitate
three different "Camp Hero's".

COUNSELING/NEUROFEEDBACK PRACTICUM/INTERNSHIP/STUDENT TEACHER,
THE UNIVERSITY OF TEXAS AT SAN ANTONIO SARABIA CENTER; SAN ANTONIO,
TX – 2015-2018

University Practicum and Internships in counseling and neurofeedback. Training of new
incoming neurofeedback cohorts. Research group pilot study: "Using Neurofeedback to
Lower Anxiety Using Individualized qEEG Protocols: A Pilot Study"

COUNSELING INTERNSHIP, CATHOLIC CHARITIES COUNSELING SERVICES, SAN
ANTONIO, TX – 2015-2016

University internship in counseling and EMDR serving lower income populations.

COUNSELING INTERNSHIP, THE UNIVERSITY OF THE INCARNATE WORD, SAN
ANTONIO, TX – 2015-2016

University internship in counseling and EMDR serving the collegiate level student body.

EDUCATION

THE UNIVERSITY OF SAN ANTONIO – MASTERS OF SCIENCE IN CLINICAL MENTAL
HEALTH, 2016

TRAININGS/CERTIFICATIONS

AMERICAN COUNSELING ASSOCIATION CCE WHEN TREATMENT BECOMES
TRAUMA: DEFINING, PREVENTING, AND TRANSFORMING MEDICAL TRAUMA

SUICIDE RISK IDENTIFICATION AND TRIAGE USING THE COLUMBIA SUICIDE
SEVERITY RATING SCALE CERTIFICATION

COUNSELING ON ACCESS TO LETHAL MEANS (CALM) CERTIFICATION

U.S. DEPARTMENT OF VETERANS AFFAIRS OVERVIEW

U.S. DEPARTMENT OF VETERANS AFFAIRS COGNITIVE BEHAVIORAL
PSYCHOTHERAPIES FOR PTSD

U.S DEPARTMENT OF VETERANS AFFAIRS OVERVIEW OF THE VA/DOD 2010
CLINICAL PRACTICE GUIDELINES FOR PTSD

U.S. DEPARTMENT OF VETERANS AFFAIRS 2014 FROM THE WAR ZONE TO HOME
FRONT

MASSACHUSETTS GENERAL HOSPITAL PSYCHIATRY ACADEMY SERVICE DOGS,
ACUPUNCTURE, PSYCHOTHERAPY, AND MORE

MASSACHUSETTS GENERAL HOSPITAL PSYCHIATRY ACADEMY CLINICAL CASE
CONFERENCE - RECOGNIZING AND TREATING MILD TBI AND PTSD

NATIONAL CHILD TRAUMATIC STRESS NETWORK'S PSYCHOLOGICAL FIRST AID
ONLINE TRAINING

HEALING THE WOUNDS OF WAR: A SOMATIC APPROACH, DR. PETER LEVINE

www.myembodimenthealing.com

SOMATIC EXPERIENCING: A BODY-MIND APPROACH TO HEALING TRAUMA AND
INCREASING RESILIENCY, JEANNA GOMEZ, LCSW, LADAC, CPC, SEP, BASE-P

SOMATIC EXPERIENCING: BEGINNING LEVEL I - DAVE BERGER

SOMATIC EXPERIENCING: BEGINNING LEVEL II - DAVE BERGER

SOMATIC EXPERIENCING: BEGINNING LEVEL III - DAVE BERGER

SOMATIC EXPERIENCING: INTERMEDIATE LEVEL I - DAVE BERGER

SOMATIC EXPERIENCING: INTERMEDIATE LEVEL II - DAVE BERGER

SOMATIC EXPERIENCING: INTERMEDIATE LEVEL III - DAVE BERGER

SOMATIC EXPERIENCING: ADVANCED LEVEL I - DAVE BERGER

SOMATIC EXPERIENCING: ADVANCED LEVEL II - DAVE BERGER

INTERGRAL SOMATIC PSYCHOLOGY - RAJA SELVAM

TRAUMA THROUGH THE CHILD'S EYES - MAGGIE KLINE

EMDR TRAINING, RICK LEVINSON

RECENT CRITICAL INCIDENTS (EMDR-PRECI) & INTEGRATIVE GROUP TREATMENT
PROTOCOL (EMDR-IGTP) VIVIANA URDANETA & VIVIANA TRIANA

www.myembodimenthealing.com

DISSOCIATION OF THE PERSONALITY AND THE EMDR TREATMENT OF CHRONIC
TRAUMATIZATION, ONNO VAN DER HART, PH.D, DENISE J. GELINAS, PH.D

EMDR THERAPY FROM TRAUMA TO SPIRITUAL AWAKENING: A MINDFUL
APPROACH, IRENE SIEGEL, PH.D

DEALING WITH PANDORA'S BOX: THE THERAPEUTIC RELATIONSHIP AS A MODEL
FOR FOSTERING COLLABORATION AMONG DISSOCIATIVE PARTS IN CLIENTS WITH
COMPLEX TRAUMA-RELATED DISORDERS, ONNO VAN DER HART, PH.D, DENISE J.
GELINAS, PH.D

UTILIZATION OF EMDR THERAPY WITH GRIEF AND MOURNING, ROGER M.
SOLOMON PH.D

TRAUMA, ATTACHMENT & NEUROSCIENCE WITH BESSEL A. VAN DER KOLK, MD:
BRAIN, MIND, & BODY IN THE HEALING OF TRAUMA

CALMING THE FEAR-DRIVEN BRAIN: NEUROFEEDBACK IN THE TREATMENT OF
DEVELOPMENTAL TRAUMA, SEBERN FISHER

SUCCESS WITH CHILDREN WITH ADHD, DR. MARK S. JONES

ALTERNATIVE THERAPIES FOR ADHD, ANXIETY, AND TRAUMA, DR. MARK S. JONES,
ANGELA GOUGER, MS, LPC, BCN

PSYCHONEUROPLASTICITY: PRINCIPLES & PRACTICES IN ADDICTION TREATMENT,
DR. BARBARA PEAVEY

QEEG BASED NEUROFEEDBACK FOR TREATMENT OF ADDICTIONS, RICHARD
DAVIS AND DR. EUGENIA B. DAVIS

AN INTRODUCTION TO HEART RATE VARIABILITY, DR. ALLEN NOVIAN

ALPHA/THETA BIOFEEDBACK AND ADDICTION, WILLIAM C. SCOTT

NEUROFEEDBACK AND EMDR THERAPY - DR. MARK S. JONES, ART DOMINGUEZ
LCSW, ANGELA GOUGER MS LPC BCN

ANIMAL ASSISTED COUNSELING AND PLAY THERAPY, DR. HARTWIG

USING KIMOCHIS IN YOUR PLAYROOM, ADRIANA CARRILLO

GRIEF THROUGH THE EYES OF A CHILD - PLAY THERAPY

AWARDS/PUBLICATIONS/LEADERSHIP/MEMBERSHIP

BIOFEEDBACK SOCIETY OF TEXAS, PAST-PRESIDENT, 2019-PRESENT

BIOFEEDBACK SOCIETY OF TEXAS, CO-CHAIR/DIRECTOR OF 2018 CONFERENCE,
SAN ANTONIO, TX

ALAMO CHAPTER OF THE PLAY THERAPY ASSOCIATION, TREASURER, 2018-2019

BIOFEEDBACK SOCIETY OF TEXAS, PRESIDENT, 2018-2019

BIOFEEDBACK SOCIETY OF TEXAS, PRESIDENT-ELECT, 2018

BIOFEEDBACK SOCIETY OF TEXAS, SECRETARY, 2017-2018

INTERNATIONAL SOCIETY OF NEUROFEEDBACK AND RESEARCH STUDENT PAPER
AWARD WINNER - OCTOBER 2015

JOURNAL OF NEUROREGULATION PUBLICATION: USING NEUROFEEDBACK TO
LOWER ANXIETY SYMPTOMS USING QUEER GUIDED PROTOCOLS: A PILOT STUDY

STUDENTS OF ISNR AT UTSA, SOCIAL NETWORKING DIRECTOR - 2015-2016

EMDR INTERNATIONAL ASSOCIATION - 2015-PRESENT

NEUROCONNECTIONS ISNR NEWSLETTER, CO-CHAIR STUDENT EDITOR -
2015-2016

SIGMA ALPHA CHI CHAPTER OF CHI SIGMA IOTA ACADEMIC AND PROFESSIONAL
HONOR SOCIETY 2014-2016

GOLDEN KEY INTERNATIONAL HONOR SOCIETY, 2015-2016