

# Shira Aminov, LMSW

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Shira Aminov is a licensed therapist who is passionate about the journey we can take from surviving to thriving. She is certified as a clinical trauma professional, aiming to provide a safe space for the whole person (mind and body) to engage in the therapeutic process.

She works with a variety of ages and cultural backgrounds and utilizes a strength-based approach tailored to each of her clients. Additionally, Shira completed advanced training in trauma focused-cognitive behavioral therapy (CBT), an evidenced-based modality to help clients feel empowered in regulating intense emotions. She also employs techniques drawn from somatic experiencing, EMDR, DBT, and mindfulness. She has experience treating individuals coping with anxiety, depression, ADHD, trauma, adjusting to life transitions, relational issues, and interpersonal conflict. For Shira, compassion and acceptance are the most vital parts of the session. She is now trained in EMDR, certified in TF-CBT, verified clinical trauma professional, and somatic intervention.

*We tend to be masters at avoiding things that make us uncomfortable. Vulnerability can feel scary and takes courage. By examining why and what we avoid or naturally gravitate towards, we become free and strong. Giving ourselves the permission to feel can be liberating. I believe you are the expert in your own process. I am here to honor those needs and help you develop a healthier and more authentic personal narrative.*

Davidovics Therapy Group | Marcy Davidovics, LCSW