



Greta MacMillan, LCSW. I am a licensed clinical social worker for over 20 years helping those having to navigate both the medical and behavioral health system. I approach therapy knowing you are the expert in yourself and use an eclectic approach focusing on your personal strengths and by incorporating your beliefs, creativity, lived experience, humor and place in society as a beginning to your healing. I am trained in EMDR, ART and other trauma focused modalities and use a number of creative strategies within sessions to assist those in accessing the energy to heal themselves. Strongly committed to anti racism and social justice in all its forms, my practice supports various groups and organizations committed to healing, affirming, informing, and amplifying the voices of the oppressed and traumatized as well as alleviating the suffering of fellow humans through anti racist work, indigenous causes, support and mutual aid. As a member of the lgbtqia+2 community my practice is supportive and affirming. I am not a member of any religious or spiritual group but have knowledge with various groups and a special interest in helping those who have experienced religious trauma. My practice is located on the shoreline in CT and we acknowledge that this land was stolen from the Quinnipiac, Hammonasset and Wapinger tribes and if it were not for the atrocities committed by settlers and colonizers this land would still be occupied by these indigenous tribes.

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