



# BETHANY PANKRATZ

LPC, NCC

**WOMEN'S  
TRAUMA THERAPIST**  
@ LIKEWISE MENTAL HEALTH CARE

## CONTACT

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www.likewisemhc.com 

## EDUCATION

2019 - 2021  
LIBERTY UNIVERSITY

Master of Arts  
Clinical Mental Health Counseling

2004 - 2008  
CONCORDIA UNIVERISTY  
WISCONSIN

Bachelor of Arts  
Educational Studies, English

## ADVANCED TRAINING & CERTIFICATIONS

### Brainspotting

2021 - PRESENT

Phases 1, 2, & 3 - David Grand, PhD

- Evidence- and neuroscience-based modality to release stuck trauma in the body, using interoception combined with relevant eye positions
- Certification and consultancy in progress

### Internal Family Systems

2024

Level 1 - IFS Institute

- Evidence-based cognitive modality to aid self-compassion and further understanding of personal system of subpersonalities
- Other trainings include: Treating Complex Trauma with IFS (Frank Anderson, MD), IFS Online Circle (IFS Institute), IFS in Group Settings (Mary Krueger)

### Implicit Psychotherapy

2025 - PRESENT

Module 1 - Abi Blakeslee, PhD

- Memory-based modality to process implicit memories in the body
- Modules 2 and 3 in the future

### Certified Clinical Trauma Professional - Level II

2025 - PRESENT

International Trauma Training Institute

- in progress

## RELEVANT WORK EXPERIENCE



### Likewise Mental Health Care

2020 - PRESENT

owner, psychotherapist

- Operate LLC as owner and sole proprietor
- Provide individual trauma- and neuroscience-informed psychotherapy to adult women, in person and online
- Offer psychotherapy groups to practice healthy relational dynamics and build secure attachment

### Alliance Church Appleton

2015-2021

executive assistant, project manager

- Ensured Senior Pastor functioned at high capacity by executing with excellence both assigned and anticipated tasks
- Through project management methodology, managed executive level projects and their teams to implement effective and compelling vision and strategy
- Created a successful small group discipleship strategy for all adult ministries, incorporating previously siloed men, women, senior adult, young adult, and small group ministries
- Developed a church-wide process for planning ministry events that gives protection for supporting teams, provides clarity for ministries, and promotes unity across the church