



# Shaelene Lauriano

SPEAKER | TRAINER | THERAPIST | PODCAST HOST

# Rebelmente

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# About Shaelene

Shaelene Lauriano Kite, LPC, DBT-LBC, RYT is the owner and founder of *Rebelmente*, a consulting and coaching business that specializes in training and educating other mental health professionals, yoga teachers, educators, and business owners to take their healing work and skills to the next level.

## Speaking Topics

### DBT Therapy

- DBT Treatment & Skills Training
- Group Facilitation and Engagement
- DBT Starter Pack-A Training in the Core Competencies of DBT

### Yoga + Trauma

- Yoga and Trauma Training
- Incorporating Yoga into Clinical Work

### Wellness

- Burnout Prevention
- Setting Boundaries
- Mindfulness & Movement

### Entrepreneurial Focus

- Leadership
- Group Practice Ownership
- Private Practice Success
- Targeting Self Doubt

She leads a group practice of 20 that has grown rapidly since its opening in 2018. *DBT of South Jersey* hit its first \$1 million+ in revenue just two short years after opening its doors and continues to grow and thrive.

She is also the host of the T-Talk Podcast. With 15K+ downloads, T-Talk is a space where she and her guests share the therapy tea and chat about all things healing.

## Contact

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 T-Talk Podcast