

The Water & Stone Team



Emery H. Mikel
Founder & Director
MA, ATR-BC, LCAT, LCPAT
Art Therapist, Mindfulness & Meditation Instructor

Women, LGBTQ+, Fertility Issues, Greif/Loss, Anxiety, Empowerment

Founding and running Water & Stone is such an amazing journey and allows more people in the community access to quality, professional, contemplative psychotherapy.

Are you searching for a different approach to your mental health? Are you dealing with challenges in life, anxiety, grief, loss, LGBTQ+ or related topics? If so, or if you're intrigued, please get in touch and we can have a conversation about what you are looking for in a therapist, even if you're not sure what that is! As a practitioner I am a transpersonal art therapist, practicing contemplative psychotherapy. I work from a strength-based approach with people searching for a better quality of life. Many people come to therapy when faced with a life changing event to gain insight and support. My goal is to create a safe space where people have a chance to share, explore, and work on issues from anxiety to the loss of a loved one. No experience with a transpersonal/contemplative approaches or art materials is necessary to benefit from this approach.

Along with running Water & Stone I supervise interns, guest lecture at George Washington University and present at conferences nationally. Currently, I'm working on my next book that focuses on illustrating the many ways to have a private practice or company that serves people in their community. I received my master's degree in Transpersonal Counseling Psychology: Art Therapy from [Naropa University](#).



Sharon Itkoff Nacache
MPS, LCAT, ATR-BC
Psychotherapist, Art Therapist

Anxiety, Stress Relief, Chronic Illness, Matrescence/Postpartum Issues,
Professional Burnout

My psychotherapy approach is grounded in principles of mindfulness, humanism, and the healing power of the creative process. I apply a respectful, collaborative approach to working with individuals and groups of all ages as I believe we all can benefit from learning how to creatively cope with stressors and develop a more compassionate lens through which to see ourselves and the world. As a new mother with 10 years of clinical experience in various treatment settings, I am especially interested in providing psychosocial support for expecting and new caregivers as they embark on one of life's biggest adventures: the journey into parenthood.

The Water & Stone Team



Jennifer A. Perez
MPS, LCAT, ATR-BC
Art Therapist, Bereavement Specialist

Child, Adolescent & Adult Grief, Traumatic Loss, Combat Stress, 9/11, Death and End of Life

Keep the present You and let us work together on building the best version of You. The therapeutic journey is a collaborative process of acceptance, safety and understanding that can feel challenging to achieve through all stages of life. Create the tools to thrive and transform these challenges into new opportunities of exploration. I am a Licensed Creative Arts Therapist in New York City whose therapeutic practice focuses on grief and bereavement. The integration of mindfulness into my Creative Arts Therapy practice has provided me with the opportunity to connect with various cultures throughout the life cycle spectrum as well as address the therapeutic needs for Military Veterans. My work with the Art of Dying Institute has inspired me to delve further into the practice of ritual as healing and the transformative object. Currently, as an Art Therapy Supervisor, I provide psychotherapy to adolescents and their families in the midst of multiple loss due to trauma, environment and/or identity.



Jennifer J. Sewall
LCSW, LCAT, BC-DMT, CASAC
Dance/Movement Therapist, Substance Abuse Counselor

Life Transitions, Substance Use, Trauma, Loss

I am a licensed creative arts therapist (dance/movement therapy), social worker, and credentialed substance abuse counselor with many years of experience working with folks who desire to make a change but need help and support to sustain it. Life's transitions can be confusing and difficult and I believe that we all need to have time for ourselves to reflect, understand and develop strength for the road ahead. Do you have a need to talk about your struggles with substance use, experiences of trauma, or to be supported after experiencing loss of some kind? I can provide a safe place in which to be seen and heard, so that you can start to mend whatever might feel broken, and move toward a sense of renewed possibility.

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Olivia Weber
MA, LCAT, ATR-BC
Art Therapist, Yoga Instructor

LGBTQ+, Third Culture Kids, Multiculturalism, Other Relationship Styles (Polyamory, etc.)

Creating a safe and comfortable space for my clients to express themselves, explore, and gain support is vital to the healing process and creating change in one's life. You will be encouraged to give voice to your experiences both through the visual process of art making as well as through engaging in conversation to give voice to the parts of you that don't feel heard and reconnect with parts of yourself that feel unwanted so they can be accepted and integrated. As a third culture kid, coming from a multiracial background and having immigrated to this country – I have both personal and professional experience dealing with racism, marginalization, oppression, and much more. As a practitioner, my approach is Transpersonal and client centered. I have my masters in Transpersonal Psychology and Art Therapy and am a certified yoga instructor. I incorporate mindfulness based approaches, art therapy and yoga when working with people in search of clarity and understanding. I have over 12 years of experience working with people struggling with depression, anxiety, trauma, life transitions, and LGBTQ+ related challenges.



Nezam Ardalan
Meditation and Wellness

Meditation, Insight, Awareness, Curiosity, Self-Exploration

I have often wondered how I can be fully present in this world, and be a real a positive and helpful member of our human race. It is a question that has guided me over the course of my life, and led me to explore and travel the world while also constantly looking within myself. I have sought- as truthfully as I can and to the best of my ability- to understand what my truth is, what I really care about, and how I can be a positive impact here on this planet. Like everyone, I have my good days and my bad. But no matter how I wake up or what I am experiencing on any given day, I always return to this single act of inner awareness- tracking my emotional, spiritual, energetic, physical movements as truthfully as I can, so that I can understand how to be fully here. I have found that being curious and interested in all the twists and turns, and peaks and troughs of my daily experience opens a door into that wisdom.

Meditation has been the thread that has amplified my ability to remain aware and curious. It is a body based practice that lets me deeply explore my life experiences. It not only cultivates an ability to see and understand what is happening in my life, but it also gives me a tool to actually work through these experiences. In that way it is like going to therapy and being the therapist at the same time. I have been practicing on and off for the last 15 years, with a constant and daily practice for the last five and have studied with a number of teachers and traditions including, buddhism, hinduism, shamanism and mindfulness. I use meditation as a tool to help people explore their lives, from day to day issues to life-long questions. I am also a certified yoga teacher, actor and academic, and believe deeply in the practice of listening and cultivating understanding.

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Jamie Adges

MA Drama Therapy, LCAT Limited Permit
Arts Therapist, UK

Children/adolescents/adult mental health, ASD and Learning Disabilities, trauma, anxiety, depression, end of life, grief, confidence building

I am a Drama Therapist, with a wide range of experience including early childhood, adolescents, autism spectrum disorder and disabilities, adult mental health, and geriatrics. My approach to therapy is centered on the belief that creativity is more than just a mindset, but a tool that can be used to discover self-expression, bring to light unconscious thoughts and feelings, and deepen our understanding of ourselves to effect change in our everyday lives. I received my Masters in Drama Therapy in London, and my license as a Creative Arts Therapist in the UK, and am now practicing in New York. My background is in both theater and psychology, and through my own personal journey, as well as witnessing the experience of others, I have realized the healing effects of theater and the creative process when dealing with issues such as anxiety, depression, grief and loss, trauma, psychosis, and the general demands of everyday life.

I offer a safe and contained space where we will be using drama therapy tools and traditional psychotherapy to connect both body and mind, and work through issues and challenges we may be facing in our lives, explore places we feel stuck or held back, and move towards a place of self acceptance and healing. I believe in a client-led, humanistic approach and my role is to be a guide and support on each person's unique journey, catering each session to meet the individual needs and goals of every person. People of all backgrounds and experiences are welcome and can benefit from this approach.



Celia J. Gagnon

MA Marriage/Family Therapy, Limited Permit LCAT
Art Therapist

LGBTQ+, Loss/Grief, Stress Reduction, Adolescents/Adults, Couples

I am honored to be part of the professional team of Water & Stone art therapists. I have supported individuals, couples, children, adolescents, elders and families of all ages and genders. My areas of expertise include: identifying coping strategies to support better communication in both home, school and the workplace; developing healthy stress management techniques, supporting the grieving process, and identifying life goals and the roadblocks to attaining them. My art therapy training includes evidence-based techniques that address life-crippling problems such as depression, anxiety, trauma, addictions and separation anxiety. These techniques can also help stimulate cognitive function in older adults with dementia and Parkinson's disease, ease symptoms of depression in all age groups, and help improve quality of life feelings for those struggling with life altering health issues including asthma, eating disorders and cancer.

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Caroline "Amina" Shaw-Moss

MPS, Limited Permit LCAT

Art Therapist

Children/Teens/Adults/Families, Trauma, Fear, Anxiety, Loss

Therapy can be helpful for processing life's peaks and valleys. My goal is to collaborate with clients while focusing on their specific needs. I provide services for adults, teens, children and families. Supporting those who are going through current/past traumatic experiences, anxiety, fear and loss. Using mindfulness practices, visual art therapy and CBT, my approach is focused on identifying triggers and relieving stress. Previously, I have worked in outpatient mental health clinics in both Brooklyn and Boston. I have received my MPS in Creative Arts Therapy from the Pratt Institute in NY. I also graduated from Lesley University, with an Art Therapy BS and a minor in Fine Arts and Psychology.



Youhjung Son

MPS, Limited Permit LCAT

Art Therapist

Self-Care, Anxiety, Personal Development, Life Transitions

I believe that nothing creates more spark in one's life than art. That is why I graduated from School of Visual Arts with a Master's in Art Therapy and worked with many people. From pre-k children, to adults with addiction and seniors with dementia, I helped people use art to find light in the darkest places. My approach to art therapy is to create a safe, nonjudgmental space where you can express things that are hard to express, gain clarity, and realize your potential. I integrate mindfulness, humanistic approach, self-development models, and spirituality, as well as a multicultural lens. Through collaboration and support, I help you embody the creative, wise, confident, and valuable person that you are. I look forward to helping you start your creative healing process!



Julia Volonts

MPS, Limited Permit LCAT

Art Therapist

Young Professionals, Life Transitions, Relationship Issues

I hold a Masters of Professional Studies in Art Therapy from the School of Visual Arts. My prior experience in art therapy includes working with children and families, adolescents, adult artists with mental illness, clinical staff, and adults with developmental disabilities and sensory impairments. I have also co-curated several client exhibitions and maintain my own art practice as a means to experience and understand the impact art has on emotional health and well-being.