

Mitzie Baez, MA, LMFT, CCTP
Undergraduate Internship Coordinator
Biographical Data

Mitzie Baez is the current Undergraduate Internship Coordinator for T. W. Ponessa and Associates and has served in this role since 2020. Mitzie is a Spanish speaking, Licensed Marriage and Family Therapist in the state of Pennsylvania. She graduated with her Master's Degree in Marriage and Family Therapy from LaSalle University in Philadelphia, PA and obtained her Bachelor's Degree in Applied Psychology from the Pennsylvania State University, Berks Campus. Mitzie has worked in the human services field for approximately 10 years, including experience in case management, drug and alcohol treatment and outpatient counseling. Mitzie has worked with populations ranging from 6 to 65 years of age and is trained to conceptualize cases from a systemic framework. Mitzie also served as a Psychology Adjunct Instructor at Penn State University, Berks Campus and at Antonelli Medical and Professional Institute from 2014-2017. In this role, she taught college-level courses in Abnormal Psychology, Case Management, Introduction to Psychology and Social Psychology.

Prior to becoming employed with T. W. Ponessa and Associates, Mitzie served as an Outpatient Therapist for a homeless shelter in Berks County where she provided outpatient therapy in individual and group settings. She began her internship at T. W. Ponessa and Associates in 2013 and continued her clinical journey with the agency as an Outpatient Therapist in 2014. As a clinician, Mitzie facilitated individual, couples and family psychotherapy sessions. In 2017, Mitzie became the Outpatient Coordinator for the Lebanon office, where she provided clinical supervision to clinicians in both individual and group settings, along with managing her own client caseload. Mitzie focused on training new clinicians, assisting them with conceptualization of cases, ensuring proper documentation and managing crisis situations.

During Mitzie's clinical journey, she discovered her passion for working with trauma. She now specializes in the treatment of trauma-related disorders, complex trauma, abuse and attachment issues. Mitzie completed her certification as a Certified Clinical Trauma Professional in 2018 and became a Certified Therapist in EMDR (Eye Movement Desensitization and Reprocessing) in 2020. Mitzie is experienced in working with PTSD, depression, anxiety, phobias, dissociation, attachment, couples, families, blended/foster families, emotional detachment, adjustment disorders and ODD or behavioral concerns with adolescents and teens. Her treatment approach is primarily insight oriented and composed of EMDR, Internal Family Systems and Attachment Focused. When working with couples or families, her treatment modality is typically Emotionally Focused Couples Therapy and Attachment-Based Family Therapy. Mitzie was also professionally trained in Emotionally Focused Couples Therapy by ICEEFT in 2016.