



## Laura B. Kasper, PhD

Adjunct Clinical Assistant Professor, Psychiatry and Behavioral Sciences

### Bio

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#### BIO

I am a psychologist and have been practicing psychotherapy for over 18 years. I have experience working with a diverse group of clients with respect to presenting concerns, gender, sexual orientation, and race/ethnicity.

Regardless of their background, the majority of my clients are highly intelligent and accomplished people who are interested in taking their personal and professional relationships to the next level, starting with themselves. My therapeutic approach blends my first-hand experience of the high-performing professional workplace with Buddhist psychology and tools to offer support that is unrelentingly compassionate, direct, and powerful.

I have particular research and clinical expertise in authenticity with one's self and in relationships, interpersonal communication, and issues of sexual orientation, gender, and sexuality. My services include individual, couples, and group psychotherapy. I also do video counseling sessions with individuals and couples in CA, DC, and VA, the places where I am licensed.

I earned my master's and doctoral degrees from the University of Maryland's Counseling Psychology program. I completed my internship and post-doctoral training, and was a Staff Psychologist at the The George Washington University Counseling Center for several years before starting my private practice. I am currently in the Interpersonal Dynamics Facilitator Training Program at Stanford University in the Graduate School of Business to become a small group facilitator for their popular elective, Interpersonal Dynamics.

I have been practicing Vipassana meditation for over fifteen years. I've spent eighty-five days on silent meditation retreats in that time, and have a mindfulness orientation to my work.

I am a member of the American Group Psychotherapy Association and the Northern California Group Psychotherapy Society, and the Northern California Society for Psychoanalytic Psychology. I am licensed and insured in California (PSY28532), Washington D.C. (PSY1000362) and Virginia (PSY0810004715).