



www.lakegenevapsychology.com

Phone: 262-205-2748 • Fax: 262-757-7544

Dr. Sosa Professional Biography

Dr. Amy Sosa is a clinical psychologist licensed in Wisconsin and Florida who provides individual and family therapy to children, adolescents, and adults. Dr. Sosa specializes in the treatment of posttraumatic stress, eating disorders, body image issues, relationship difficulties, depression, and anxiety. Dr. Sosa has [presented](#) nationally and internationally on the treatment of eating disorders, posttraumatic stress disorder, vicarious trauma, and multicultural psychology and is available for continuing education presentations/workshops. Additionally, Dr. Sosa provides posttraumatic stress evaluations and psychological affidavits in support of asylum cases.

Dr. Sosa received her Doctorate in Clinical Psychology from the Illinois School of Professional Psychology where she also received her Master of Arts degree in Clinical Psychology. She obtained her Bachelor of Arts Degree in Psychology from the University of Colorado at Boulder. Prior to relocating to Lake Geneva, she served as the Clinical Director of Clementine Programs/Oliver-Pyatt Centers, a premier residential eating disorder treatment center in Miami, Florida. Moreover, she has experience treating complex trauma internationally and completed her dissertation research on Posttraumatic Stress Disorder and Secondary Traumatic Stress among Rwandese healthcare providers. Additionally, she was a supervisor to counseling psychology practicum students within the [Florida Center for Survivors of Torture](#) and is trained in Cognitive Processing Therapy for Posttraumatic Stress Disorder (PTSD).

Presentations:

Sosa, A. (March, 2019). *The Balancing Act: Trying to Balance in Times of*

High Demand. Workshop at Blackhawk Community College Staff Development Day, Janesville, Wisconsin.

Sosa, A. & Mena, K (September, 2017). *Eating Disorders Among High School Students; Early Detection, Screening, and Intervention Strategies*. Conference Presentation at Oliver-Pyatt Centers, Miami, Florida.

Sosa, A. & Tavaréz, B (August, 2017). *Unique Challenges of Adolescents with Binge Eating Disorder: Finding Strategies that Work*. IAEDP Tampa Conference, Tampa, Florida.

Sosa, A. (June, 2017): *Leaning into the Resistance: Applying Family Systems Therapy to the Treatment of Eating Disorders*. HEAL Conference Presentation, Asheville, North Carolina.

Sosa, A. (March, 2017). *Treating the Whole Family: Applying Bowen's Family Systems Therapy to Treatment with Adolescents and Adults*. Continuing Educational Seminar at Oliver-Pyatt Centers, Miami, FL.

Sosa, A. (2016, November). *The Significance of Clinical Structure in Residential Eating Disorder Treatment*. Continuing Educational Seminar at Clementine Programs, Miami, FL.

Sosa, A. (2016, September). *Treating Co-Occurring Eating Disorders and Trauma in Adolescents*. Presentation at Clementine Programs, Miami, FL.

Sosa, A. & Fina, T. (2016, June). *Working with Eating Disorders: Assessment, Diagnosis, Conceptualization, and Treatment Implications for College Students*. Webinar at University of Santa Clara, Santa Clara, CA.

Sosa, A. (2016, April). *The Co-Morbidity of Trauma and Eating Disorders: Diagnosis, Conceptualization, and Treatment Implications for College Students*. Presentation at Florida International University, Miami, FL.

Sosa, A. & Bendig, M. (2015, July). *Self-Care in Recovery: Put Your Own Mask on First*. Webinar at the Oliver Pyatt Centers, Miami, FL.

Sosa, A. (2015, April). *The Co-Morbidity of Trauma and Eating Disorders: Diagnosis, Conceptualization, and Treatment Implications for Adolescents and Adults*. Educational Seminar at the Oliver Pyatt Centers, Miami, FL.

Sosa, A. (April, 2014). *Stress, Burnout, and Self-care for Law Students*. Presentation at Florida International University, Miami, FL.

Sosa, A., Ndagijimana, K., & Zakowski, S. (2013, November). *The Wounds of Helping: Addressing Secondary Trauma in Rwandese Healthcare Providers*. Paper Presentation at the International Society for Traumatic Stress Studies, Philadelphia, PA.

Paderta, A., & Ndagijimana, K. (2012, May). *Vicarious and Secondary Trauma: An Analysis*. Workshop at the National University of Rwanda, Butare, Rwanda.

Paderta, A., & Ndagijimana, K. (2012, June). *Kwifasha: Creating Awareness, Balance, and Connection through Self-Care*. Workshop at the National University of Rwanda, Butare, Rwanda.

Paderta, A., & Ndagijimana, K. (2012, June). *Secondary Trauma and Self-Care: Theory, Approach, and Treatment*. Workshop at Rwanda for Justice, Butare, Rwanda.

Paderta, A., & Zakowski, S. (2009, August). *From Chicago to Kigali, Rwanda: A Cross-Cultural Collaborative Learning Experience*. Presentation at the Division 52/International Psychology Hospitality Suite during the 2009 APA Convention, Toronto, Canada.

Paderta, A., & Green, E. (2009, June). *Cross-Cultural Training/Collaboration and Secondary*

Trauma. Presentation at Argosy University, Chicago, Illinois.

Green, E., & **Paderta, A.** (2009, June). *Rwanda Service-Learning Project: Conducting Cross-Cultural Focus Groups*. Presentation at Argosy University, Chicago, Illinois.