



NOT BORING CE'S
CONTINUING EDUCATION
FOR THERAPISTS

Michelle Moseley

Michelle F. Moseley (she/her) is a Licensed Clinical Mental Health Counselor in North Carolina. She has been working in the mental health field for almost 10 years, and has been in private practice since 2019. She believes ALL people deserve respect, compassion, and access to mental and physical healthcare. Michelle specializes in working with survivors of religious trauma and spiritual abuse, and with those who are exiting a high-control religion. She also works with folks who are experiencing body image concerns, anxiety, grief, and life transitions. In addition to her clinical work, Michelle provides education about mental health for faith leaders and enjoys exploring all that North Carolina has to offer in her free time.

You can follow Michelle on Instagram @therapy_with_michelle or on Facebook @MichelleFMoseleyCounseling. You can also learn more about Michelle and her services on her website - www.MichelleFMoseley.com. In addition to individual therapy, Michelle facilitates a few therapy groups each year - Body Mindfulness offers a non-diet approach to helping participants reconnect with and heal their relationship with their body and food; Wounded By Faith helps folks who have been harmed within a religious context move forward in their journey with the support of others. Michelle also offers trainings and consultation for other mental health professionals. Information about all of these services can be found on her website.



Courses

The Overlap Between Purity Culture and Diet Culture

Resources

Counseling Survivors of Religious Abuse - Paula J. Swindle, Craig Cashwell, & Jodi L. Tangen
Cultish: The Language of Fanaticism - Amanda Montell
Fat Church: Claiming a Gospel of Fat Liberation - Anastasia Kidd
Reclaiming Body Trust: A Path to Healing & Liberation - Hilary Kinavey & Dana Sturtevant