

Lila Low-Beinart

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RELEVANT EXPERIENCE

Psychotherapist, Trainer & Founder

Aug. 2023 – Present

Divergent Paths Counseling: Boulder, CO

- Provide neurodiversity-affirming individual and group psychotherapy to neurodivergent teens through adults
- Work with: Autistic, ADHD, Gifted, Highly sensitive, Slow processing speed, and/or executive dysfunction clients
- Guest-teach at the graduate level on the neurodiversity-affirming paradigm and diagnosis of autism

Executive Function Coach & Founder

Jan. 2023 – Present

Lila Low Coaching: Boulder, CO

- Provide neurodiversity-affirming weekly and as-needed executive function coaching to neurodivergent adults
- Combine standard executive function techniques with contemplative techniques to maximize client's growth
- Client's frequently report seeing growth and have a new executive function mindset within 3 coaching sessions

Psychotherapist

Jul. 2022 – Jul. 2023

Neurodiverse Counseling: Boulder, CO

- Provided weekly psychotherapy to neurodivergent children and young adults with intersecting identities
- Wrote thorough clinical notes and collaborative treatment plans in order to bill insurance for client's sessions
- Conducted biopsychosocial intake interviews and diagnosed clients using the DSM-V for insurance coverage

Advisory Board Member

Jan. – May 2022

Roundglass: Online Meditation and Holistic Wellbeing Platform

- Advised company on meditation tools to support college and graduate students with their mental health
- Met monthly with company representatives to answer their questions and discuss strategy
- Reviewed company materials, including podcasts and meditations, and provided feedback

Counseling Intern

May 2021 – May 2022

Whole Connection: Boulder, CO

- Provided weekly individual psychotherapy to ~12 clients a week with diverse ages, identities, and diagnoses
- Developed specialization in working with neurodivergent clients and clients with executive dysfunction
- Maintained client notes and documentation at the high level necessary to meet Medicaid requirements

Authentic Relating Facilitator and Trainer

May 2020 – Apr. 2021

The Connection Institute: Online Training Platform

- Facilitated weekly 1.5-hour relational inquiry/circling practice for 8 to 12 adults
- Taught workshops for facilitators; including parts-work, being the context, compassionate leadership, and more
- Trained students in group management, leadership, emotional intelligence, and relationship-building skills

Counseling Practicum Student

Sep. – Dec. 2020

Harmony Foundation: Estes Park, CO

- Facilitated small groups; including psycho-education, skills training, and group process
- Conducted in-person bio-psycho-social intake assessments with documentation for insurance billing purposes
- Offered mindfulness meditation instruction and skills to clients in groups and one-on-one

Meditation Coordinator & Facilitator

Dec. 2017 – Jul. 2019

Shambhala Mountain Center: Red Feather Lakes, CO

- Offered meticulous and inspiring coordination for meditation retreats - Including three, 1-month retreats
- Committed meditator who attended retreats and meditated 2-3 hours per day, exceeding a total of 1,500 hours

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Co-Founder and Leader of Data Analytics Team

Jan. 2016 – Dec. 2017

Merck & Co: Rahway, NJ

- Co-founded, led, and served as project manager for team of 12 people composed of primarily PhDs and MAs to design and implement novel data capture tools
- Motivated team, facilitated healthy conflict negotiation, & utilized awareness of social locations to ensure equitable representation of team members

BIO/CHEMISTRY RESEARCH & PEER-REVIEWED PUBLICATIONS

Merck & Co: Rahway, NJ

Scientist – Preformulation: On-Site Formulation

Nov. 2016 – Dec. 2017

Scientist – Preformulation: Automation

Mar. 2015 – Oct. 2016

Chemist III – Analytical Development and Commercialization

Aug. 2014 – Feb. 2015

- Developed and transferred formulations to Europe for first-in-human trials, utilized robots for high-throughput chemistry, and conducted late-stage analytical testing
- Ranked in top 3% of 100-person department composed of primarily PhDs and MAs in 2016

Rockefeller University: New York, NY

Undergraduate Research Fellow: Senior Project

Sep. 2013 – May 2014

Summer Undergraduate Research Fellow

Jun. – Aug. 2013

Bard Rockefeller Semester in Science

Jan. – May 2013

- Wrote 100-page thesis detailing 1.5 years of independent research to discover new antibiotics
- Published and co-wrote 2 peer-reviewed papers, including in the American Chemical Society Journal (JACS)

PROFESSIONAL COURSES & CERTIFICATIONS

Advanced Trauma Training: Trauma-Informed Stabilization Treatment for Complex Trauma and Dissociative Disorder: Sensorimotor Psychotherapy Institute, Online. *Expected Dec. 2023 – Apr. 2024*

Sensorimotor Psychotherapy for Trauma: Sensorimotor Psychotherapy Institute, Denver CO. *Aug. 2022 - Feb. 2023*

Fundamentals of Dialectical Behavior Therapy: Praxis, Online Platform. *Jul. 2021*

Restorative Facilitator Training: Naropa University, Boulder CO. *Dec. 2020*

Authentic Relating Facilitator Trainer Training: The Connection Institute, Online Platform. *Dec. 2020 - Apr. 2021*

Mindfulness Meditation Instructor Training (Level 2): Naropa University, Boulder CO. *Sep. 2020 - Mar. 2021*

Authentic Relating Facilitator Training: The Connection Institute, Online Platform. *May 2020 - Apr. 2021*

Mindfulness Meditation Instructor Training (Level 1): Shambhala Mountain Center, Red Feather Lakes CO. *Jul. 2019*

200hr Yoga Teacher Training: The Little Yoga Studio, Boulder CO. *Jun. 2019*

Social Meditation Instructor Training: Denver Shambhala Center, Denver CO. *Oct. 2018*

EDUCATION

M.A. May 2022, Clinical Mental Health, Naropa University: Boulder, CO – GPA 3.97

B.A. May 2014, Chemistry, Bard College: Annandale-on-Hudson, NY – GPA 3.84

VOLUNTEER

FOCUS Reentry Volunteer Mentor: Boulder, CO

Jun. 2020 – Present

- Assist autistic mentee to stabilize, reach self-sufficiency, and rebuild life as she reenters community from prison