

**Isabel Adon**

Psychotherapist, LCSW / Instructor

**Approved Biography**


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Isabel Adon LCSW, is an Indigenous Focusing Oriented Therapist and Trainer. She has over 20 years of experience in the mental health field. Isabel works with individuals, children and families. Trained in family system, focusing oriented therapy, solution focused therapy and aboriginal/indigenous/cultural centered therapy. Isabel works with the client to support them in discovering their own inner strengths and tools to transform life's challenges into opportunities and possibilities for growth. Presently works with children and families in an outpatient psychiatric setting in the Bronx.

Isabel has been a volunteer rape crisis and domestic violence advocate for over nine years responding to crisis at six different NYC emergency rooms as a volunteer for the Mount Sinai SAVI program. She has extensive training in diversity work and for the past 15 years has been a practitioner of Vipassana and Ascension meditation.

Isabel is in training to be a Mindfulness Based Stress Reduction (MBSR) teacher. Fluent in English and Spanish.

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