



Sarri Gilman Bio 2019

Sarri Gilman, LMFT is a psychotherapist, author, and workshop presenter. She is the author of *Transform your Boundaries®* (2014) and *Naming and Taming Overwhelm for Healthcare and Human Service Providers* (2017). She has a private therapy/counseling practice on Whidbey Island and devotes the rest of her time traveling and teaching on the subject of boundaries and overwhelm recovery, trauma, and SoulCollage®

A little bit of background....

Her humanitarian work includes founding two non-profits and running non-profits for 20 years. Her focus was on homelessness and children and teens. She is founder of Cocoon House. Her program designs became the blueprint nationally and she received a foundation award of \$1 million dollars to create a strategy in Washington State to improve supports and outcomes for children exposed to homelessness. Her strategies informed funding and programs.

She then went on to teach community leadership development for 7 years to executives and managers. Her extensive work with people led her to conclude that we have lots to do to clarify our boundaries, improve our self-care, and face the things that are overwhelming.

Today.... Sarri no longer runs non-profits. She accepts a few teaching positions each year on boundaries and overwhelm recovery that will help people in the fields of healthcare and human services. Her books have been selling around the world. She has been signed to a literary agent in NY and is working on her next two books, one is an expanded boundary book and the other is on trauma and healing. Each year she also offers a three-day boundary immersion retreat for people recovering their boundaries. She also trains trainers in boundary recovery work. She is selective about doing work that is soul-feeding to those she works with and likes to bring her work to beautiful settings where the environment is part of nurturing people.

Sarri has lived on Whidbey Island for 33 years, has raised 4 kids, (3 work in healthcare), is happily married and has two chihuahuas, she loves knitting and cross-country skiing and has a private psychotherapy practice in a cabin in the woods in her community.