



GMS

# DR. GINA SENARIGHI PHD

INTIMACY & RELATIONSHIP EXPERT

## CREDENTIALS

Body Trust Practitioner Certification,  
2023  
Sexologist and Sexuality Educator  
Certification, 2022  
Trauma-Informed Yoga Therapist  
Certification, 2022  
Prepare-Enrich Certification, 2021  
Relational Life Therapist, Advanced  
Training, 2021  
Safe Conversations Facilitator  
Certification, 2021  
Yoga Therapy Certification, 2020,  
2021  
Reiki Master Certification, 2020  
Imago Relationship Therapist, Level 1,  
2018  
Gottman Certified Therapist Level 2,  
2018  
Rising Strong Facilitator Certification,  
2014  
Daring Way Facilitator Certification,  
2014  
Positive Psychology Certification,  
2013  
LGBTQ Therapist Certification, 2010

## DEGREES

Ph.D. in Religious Studies- Pastoral  
Counseling, 2019  
M.A. in Counseling Psychology, 2010  
M.S. in Higher Education, 2004  
B.S. in Social Studies Education, 2002  
B.A. in Women's Studies, 2002  
B.S. in Geography, 2002

## MILESTONES

Resonant Healer Training with Sarah  
Peyton, 2022-2023  
Climate Grief Facilitator Training, 2023  
Consultation group with Terry Real,  
2021-2022  
Consultation group with Esther Perel,  
2018-2020  
Named Portland Life Coach of the Year,  
2018 & 2019  
Training with Byron Katie in The Work,  
2017  
Body Trust Retreat with Be Nourished,  
2016  
Training with Brene Brown in the  
Daring Way and Rising Strong, 2014  
Research Apprenticeship at the  
Relationship Research Institute under  
Dr. John and Dr. Julie Gottman, 2010