

Meet Our Clinical Staff:



Tina Bleau, M.A. Licensed Psychologist-Masters (802) 951-0450 X 1043

Tina is the Director of Outpatient Services for the Family Center. Tina is a Licensed Psychologist-Masters, specializing in the assessment and treatment of developmental trauma, adoption, and attachment issues. For over 20 years, Tina has provided consultation, supervision, and training to caregivers and professionals in childcare settings, mental health, post-permanency service agencies, and schools. She also provides psychological assessment services throughout the state. Tina is trained in EMDR, DDP (Dr. Hughes' attachment model), and a variety of family systems modalities. Tina is a rostered Child-Parent Psychotherapy (CPP) clinician. The ChildTrauma Academy acknowledges that Tina has completed NMT Training Certification through the Phase II level.



Dave Melnick, LICSW (802) 951-0450 X 1042

Dave Melnick, LICSW is the Director of the Transforming Trauma Collaborative at the NFI Family Center. For the past 40 years, Dave has worked in a variety of clinical settings including outpatient, residential treatment, and in public and day treatment schools. Along with his focus on Developmental Trauma, Dave has expertise in family therapy, adolescence, attachment, Reflective Practices, and Trauma-Informed Systems. He has provided trauma-informed services to over 150 schools in Vermont. In 2015, the Child Trauma Academy (CTA) acknowledged that Dave had completed NMT Training Certification through the Phase II level, and between 2017-2021 he was a Fellow at the CTA. Dave teaches graduate classes for the Vermont Higher Education Collaboration, and is a presenter and consultant in Vermont, New York, California and Canada.



Kaitlin Zura, M.A. Licensed Psychologist, Masters (802) 951-0450 X 1104

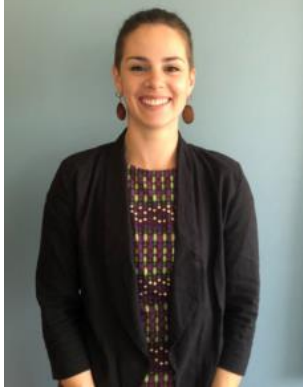
Kaitlin is the Assistant Director of Outpatient Services for the Family Center. Kaitlin is a Licensed Psychologist Master. She is a graduate of James Madison University and Saint Michael's College clinical psychology program. At the family center, Kaitlin provides psychological assessment services, training and consultation, and does direct clinical work with children and families. Kaitlin is a rostered Child Parent Psychotherapy clinician. She has experience and expertise within the areas of attachment, adoption, trauma, and developmental disabilities.



Erika Meierdiercks, LCMHC (802) 951-0450 X 1021
 Erika is a Licensed Clinical Mental Health Counselor who serves youth and families, and has had experience across a variety of treatment settings, including community based services, schools, and outpatient mental health. Erika has expertise in working with individuals with gender and sexually diverse identities, and is a currently standing member of WPATH (World Profession Association for Transgender Health). Additionally, Erika specializes in developmental trauma and attachment. She uses a variety of modalities which incorporate best practice from CBT and Attachment-based treatment. Erika’s approach aims to access positive change through curiosity and empowerment. She is a graduate of Southern New Hampshire University.



Zahara Bulle, MS (802) 951-0450 X 1107
 Zahara holds a Master’s Degree in Science (Clinical Mental Health) from the University of Vermont, earned in the spring of 2024. As a rostered psychotherapist at the Family Center, she provides compassionate, trauma-informed support to children, adolescents, and their families. Her work centers on neurodivergent individuals, children from diverse backgrounds, and those experiencing cultural conflict or discrimination. With a practice rooted in curiosity and active engagement, she integrates techniques from play therapy, narrative therapy, cognitive-behavioral therapy (CBT), family therapy, and art therapy. This comprehensive, trauma-informed approach fosters a safe, supportive environment that promotes healing and personal growth.



Sara Kassel, MSW (802) 951-0450 X 1106
 Sara is a Rostered Psychotherapist working towards her license in Clinical Social Work. Sara works primarily with children, adolescents, and families using trauma-informed, attachment-focused interventions. She is also trained in Dialectical Behavioral Therapy (DBT) and uses DBT-informed practice when supportive for clients. Sara completed her Clinical Internship with both the NFI Family Center and the NFI Crossroads Adolescent DBT Program, and has experience working in NFI’s Hospital Diversion Program supporting youth for short-term crisis stabilization. Sara holds a Bachelor of Arts in Creative Art Therapy and a Master of Social Work with a Certificate of Trauma Practice.



Gabby Riemma, Office Manager (802) 951-0450 X 1101
 As the Office Manager for the Family Center Gabby’s wide ranging tasks include organizational, administrative, and receptionist duties. Gabby coordinates planning of conferences, provides administrative support for the Trauma-Informed Schools Program, and supports fundraising and development efforts. Additionally, Gabby is specially trained to score a variety of standardized measures for both psychoeducational and trauma evaluations.

Affiliates:



Michael Piche, LCMHC (802) 951-0450 X 1033

In Rhythm Counseling

Michael is a Licensed Clinical Mental Health Counselor who provides family based treatment to children and adolescents, in addition to couples and individual therapy with adults. He has worked in intensive residential treatment, community based wraparound, and out-patient mental health. Michael is certified in Sensorimotor Psychotherapy and is integrating somatic interventions into family based treatment. Sensorimotor Psychotherapy is a body based talk therapy used to resolve the impact of trauma and developmental adversity.