

NAROPA UNIVERSITY

January 6, 2021

Re: Letter of Recommendation

For Chelsea Augusto

To Whom It May Concern:

Chelsea Augusto is currently a student in my Gestalt II class in the Mindfulness-Based Transpersonal Counseling program at Naropa University. This year long class teaches students the clinical application of Gestalt psychotherapy in both an individual and group context, with an emphasis on quality of presence, staying in the window of tolerance, and multicultural perspectives.

In the time I’ve been Chelsea’s professor, she has demonstrated a clear understanding of the ways in which an individual develops maladaptive behavior in order to fit into a system. She has also illustrated a strong understanding of how to work with a client who is part of a marginalized group. She contributes authentically and openly to our class, and her presence adds a quality of safety, wisdom, and therapeutic acumen to our container.

Aside from her skills as a therapist in training, Chelsea continually amazes me with her capacity to receive and integrate feedback, as well as her attention to her own self-development and self-care. For these reasons, I highly recommend Chelsea as an intern counselor for your program.

If you have any other questions about Chelsea’s ability or this recommendation, please feel free to contact me.

Sincerely,

Harmony Kwiker, MA

Visiting Instructor, Naropa University

[hkwiker@naropa.edu](mailto:hkwiker@naropa.edu)

720-341-4014