

KATHY A. FEINSTEIN, MS

Kathy Feinstein is a Licensed Mental Health Counselor and Certified Sport Performance Consultant and has been practicing in Naples, Florida since 1998. An accomplished speaker, Kathy has presented interactive workshops and seminars to thousands of people. Speaking engagements have included the Mental Health Association, Collier County Pharmacist Association, Hodges University, the Multiple Sclerosis Center of Southwest Florida and Blue Zone Project's Purpose Workshops.



Her practice works with children, adolescents, adults, couples and families with a special interest in mood and anxiety disorders, grief and loss, relationship issues, parenting, medical/health issues and pediatric obesity. In addition to general counseling, Kathy also provides sport and exercise psychology consulting services and works with athletes at all levels and ages in variety of sports.

Kathy is frequently published in regional publications including Fit Nation and Ebella Magazines, where she writes on subjects related to performance psychology and overall wellness. She is also an award winning Toastmaster. Kathy earned her Bachelor's degree in Psychology from the University of South Florida and Master's degree in Psychology with a concentration in Mental Health Counseling from Nova Southeastern University.

Active in the community, Kathy is a trustee for the Shelter for Abused Women and Children, serves on the advisory boards for Charity for Change and the Safe and Healthy Childrens Coalition, and is a volunteer facilitator for the Blue Zone Project's Purpose Workshops.

"I loved her. She had a great presentation, very interesting. She just had a way of answering our questions and concerns."

"I would take this class again. Kathy had a lot of information for two hours."

"I have known Kathy for several years. She is one of the most knowledgeable, compassionate and encouraging therapists that I know. She has a very warm and approachable style. I would never hesitate to refer anyone to her."

"Kathy's class was very enjoyable and helpful. I hope she will do other classes."

"Good knowledge to share with others. Great class!"

A F F I L I A T I O N S & E N G A G E M E N T S

Professional Affiliations

- American Counseling Association, Member
- Gulf Coast Mental Health Counselors Association, Member
- Association of Applied Sports Psychology, Member
- American Psychological Association, Associate Member
- Talk to Me Toastmasters, President

Prior Speaking Engagements

- The Mental Health Association
- Collier County Pharmacists Association
- Blue Zone Project Southwest Florida, Purpose Workshops, volunteer speaker
- Fundamental Health Solutions
- Hodges University: Professional Development Center
- Hodges University: Center for Life Long Learning
- Multiple Sclerosis Center of Southwest Florida
- Bonita Bay Homeowners Association, The Art of Possibility and Psychology of Weight Loss
- London Bay Homes
- Barron Collier High School, athlete specific and parent focused programs
- Naples Daily News Holiday Shootout, National High School Girls Basketball Tournament with 16 teams from across the country
- Velocity Sports
- Naples Trust Company
- Collier County Public Schools
- Jr. Golf Expo

Fee:

- » Speakers fee plus cost of workshop materials. Participant handouts will be provided for all attendees which will include tips and worksheets.

Contact

Kathy A. Feinstein
2180 Immokalee Road, Suite 216
Naples, FL 34110
(239) 594-0900
Kathy@KAFCounselingandSportPerformance@gmail.com