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Virginia Psychotherapist Receives Marquis Award

Pamela Cappetta, Ed.D., recognized by Marquis Who's Who as mental health leader

WILLIAMSBURG, VA—Marquis Who's Who has presented psychotherapist and mindfulness teacher Pamela G. Cappetta, Ed.D., with an Albert Nelson Marquis Lifetime Achievement Award. The award recognizes Cappetta's distinguished career, since 1985, as a therapist and mindfulness teacher in Williamsburg, Va.

The Albert Nelson Marquis Lifetime Achievement Award, which dates to 1899, recognizes professionals who have demonstrated leadership, excellence and longevity in their fields. The honor is named for Marquis, a Chicago publisher known for creating the "Who's Who" book series.

Cappetta helps clients deal with life's challenges through tools such as guided meditation, relaxation and self-acceptance techniques in her private practice, Pamela Cappetta, Ed.D., PC, which she opened in 1995. She is also a certified Holotropic Breathwork Practitioner and for 23 years was an allied professor at the William J. Farley Center in Williamsburg, which offers affordable treatment for addiction.

Cappetta was previously a co-owner and counselor at the Family Living Institute in Williamsburg, a medical family therapist with Norge Family Practice, and a clinical assistant professor at the Virginia Commonwealth University School of Dentistry, helping patients with TMJ (temporomandibular joint and muscle disorders).

Cappetta received a B.A. in English from Shippensburg University, and a master's degree in education and counseling from the College of William and Mary. She earned her Ed.D. in professional counseling as well as a Certificate of Advanced Graduate Studies in counseling, also at William and Mary. And she holds a certificate in chemical dependency from Old Dominion University.

Cappetta is a National Board Certified Counselor, a Licensed Professional Counselor in the Commonwealth of Virginia (1985), and a Licensed Marriage & Family Therapist (1998).

"I love the work that I do. I've spent most of my adult life helping people heal from challenges, pain and suffering, and bring laughter and joy back into their lives," she says. "My passion is helping individuals, couples, families and groups to heal in mind, body and spirit."

For more information on Pamela Cappetta, Ed.D., visit: <http://drpamm.com>

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