



Karen Lane, LCSW, MSW

**Clinical Social Worker
Life Ideals, LLC
Portland, Maine**

Karen Lane, LCSW, MSW, has been a licensed clinical social worker in Maine since July 2006. She holds a master's degree in social work from the University of New England in Portland, Maine, which she completed in May 2003. As the founder and owner of Life Ideals, LLC, Karen offers individual and group psychotherapy to adolescents, adults, groups, and families. She has developed a self-care curriculum that has proven effective in supporting and sustaining healthy lifestyle changes for her clients. Karen's therapeutic approach combines various evidence-based techniques, including cognitive behavioral therapy, mindfulness, acceptance and commitment therapy, and motivational interviewing. She has pursued certifications as a yoga teacher and a holistic health coach as well as intensive training in nonviolent communication, allowing her to integrate these modalities into her practice. Karen is an active member of the American College of Lifestyle Medicine, where she served as the Social Connection Subcommittee Chair for the Mental and Behavioral Health Member Interest Group. Her involvement in this member interest group allows her to collaborate with and learn from other professionals dedicated to the field through their significant contributions to the advancement of lifestyle medicine.