

Spring Newsletter

MOSAIC THERAPY
COLLECTIVE

5 April 2025



CEO - BROOKE POWERS

Welcome to Mosaic Therapy Collective

Welcome to our newsletter! We are thrilled to share with you the latest developments within Mosaic Therapy Collective.

Firstly, we would like to express our gratitude to our community as we love being able to provide services and support for those around us! We are so grateful for the growth that we have been having over the last year. In this growth, we hope to be able to reach and support more people who are seeking to create a healthier future for themselves.

At Mosaic we believe that health comes in many different shapes. We hope to be able to continue to expand our services and expertise to foster that unique growth for each and every

Speaking of which, we have so many updates and announcements which we are so excited to share with you.

Again, thank you so much for your support and we hope you enjoy this seasons' newsletter! For more content from us, feel free to visit our website and our Instagram.

Mosaic Team x



Meet the Team

New Services

A New Reach

New Resources

Upcoming
Events



[mosaictherapyco](https://www.mosaictherapyco)



[mosaictherapyco.com](https://www.mosaictherapyco.com)

STAFF SNAPSHOTS

Dr. Brooke Powers



Dr. Powers, Psychologist and Founder of Mosaic Therapy Collective, is a talented clinician and compassionate advocate. Through her practice, she specializes in trauma, identity and sense of self, and eating disorders. In addition to this she is EMDR trained and a registered yoga teacher.

Dr. Sarah Munoz



Dr. Sarah Munoz, Psychologist and newest addition to the team, is currently accepting clients 18+ who reside in Colorado. She specializes in trauma, spiritual and religious concerns, identity, and abuse, as well as addiction and relationship concerns. She is EMDR certified and also offers relationship counseling.

Alexis Schroeder



Advocate and researcher, Alexis is our administrative assistant. Passionate about creating mental health spaces which are authentic and accessible, Alexis is planning on pursuing a Ph.D. in psychology. At this point in time, she has degrees in psychology and anthropology in which she specialized in disabled/chronically ill and queer communities.

Camryn Buckley



A Senior at CU, Camryn is our Social Media and Marketing Intern. Through her major in psychology and minor in business, Camryn hopes to advocate for accessibility within mental health spaces. Combining her creative talents and understanding of psychology she hopes to create resources for better mental health education.



MOSAIC
THERAPY COLLECTIVE

At Mosaic Therapy Collective, we are dedicated to offering inclusive, multidimensional care to empower individuals on their journey to optimal mental, emotional, and physical health. Our commitment to fidelity, creative innovation, and justice guides every decision and action, fostering a culture of authentic, collaborative, and compassionate community care. Through a mosaic of therapeutic approaches, our committed team of professionals strives to foster healing, resilience, and personal growth for all those who entrust us with their well-being. Together, we create a collaborative and compassionate environment that celebrates the uniqueness of every individual and promotes lasting positive change.



New Services

MTC is excited to announce that we will now be providing psychological assessments for clients 6+ year old!

- Neurodivergence Assessments (ADHD, Autism, OCD, +)
- Personality Disorders
- Intelligence and Academic Performance Testing/Gifted
- Comprehensive Diagnostic Mental Health Assessments and Screenings



Nourish & Flourish

Mosaic is currently taking interest for our support group for folx in active work around diagnosed eating disorders, concerns with food and/or body, disordered eating, and/or body image concerns. Join others in a mutual journey toward improving your relationship with your body, self, and food. This is a confidential space to share, learn, and grow from disordered eating, negative body image, and/or eating disorder concerns. You're not alone; let's navigate this together. This group is openly HAES-informed, anti-diet, and body-positive, where all bodies are welcomed and supported!

For interest, navigate to the link below or feel free to email us for more information!

Insurances Accepted

MTC currently accepting the following insurance companies:

- Aetna
- Cigna / EverNorth
- Anthem BlueCross BlueShield
- United HealthCare/UMR/Optum

We are so excited to announce that in the coming months we will begin accepting Medicaid in Colorado!

Alternative Opportunities

MTC also accepts out of network clients and has the opportunity of need-based sliding scale options

Webinars Available

MTC is so excited to start offering webinars which you can find on our website! We recently uploaded our webinar from January which discusses coping with transition which we highly recommend no matter where you find yourself in life!

Speaking of, our next webinar, Breath, Body, & Balance: Gentle Yoga for Trauma & Stress Relief Webinar

is scheduled for **Wednesday, April 30th at 5:30 pm MST.**

This webinar will be a gentle yoga flow which explores trauma and stress management. For more information or interest, feel free to visit our website. We will also be discussing it on our Instagram!