

Nicholas James Bolton, M.S.Ed., LPCC, SEP

Comprehensive Professional History

Columbus, Ohio | 614.570.3228 | info@nicholasboltoncounseling.com | nicholasboltoncounseling.com

PROFESSIONAL PROFILE

Licensed Professional Clinical Counselor, Somatic Experiencing® Practitioner, Transforming Touch® Therapist, and Community Resiliency Model® Teacher with a professional history spanning more than two decades.

My career began in university development, communication, staff training, and team leadership before progressing into education, community behavioral health, client-rights advocacy, quality improvement, crisis intervention, licensed counseling, and specialized somatic psychotherapy.

I have worked in mental health and community behavioral health since 2009 and have operated a private psychotherapy practice since 2017. I have provided more than 10,000 psychotherapy sessions in private practice alone.

My clinical work brings together somatic psychotherapy, attachment and developmental trauma work, Acceptance and Commitment Therapy, nervous-system education, mindfulness, resilience, relational repair, values, and meaningful action.

PROFESSIONAL TIMELINE

2004-2006

Ohio State Calling | Student Caller

March-June 2009

Central Ohio Area School Districts | Substitute Teacher

2012-2016

North Central | Client Rights Officer / Quality Improvement Assistant Director

2016-2017

North Central | Licensed Professional Counselor

2017-Present

Nicholas Bolton Counseling | Founder and LPCC

2006-2009

Ohio State Calling | Supervisor and Team Leader

2009-2012

North Central | Case Manager / Qualified Mental Health Specialist

2014-2015

North Central | Counseling Practicum and Internship, completed concurrently

2017-2018

Legacy Freedom | Licensed Professional Counselor / Lead Clinician

EDUCATION

University of Dayton | Dayton, Ohio | December 2015

Master of Science in Education, Clinical Mental Health Counseling

- Cumulative GPA: 3.95/4.00.
- Graduate education included counseling theory and practice, clinical assessment, diagnosis, treatment planning, ethics, multicultural counseling, human development, crisis intervention, mindfulness, community mental health, practicum, and internship.

The Ohio State University | Columbus, Ohio | December 2008

Bachelor of Science in Psychology, College of Social and Behavioral Sciences

- Major GPA: 3.38/4.00.
- Academic interests included psychobiology, consciousness, creativity, perception, identity, behavior, culture, and the relationship among mind, body, language, and human experience.

LICENSURE & PROFESSIONAL CREDENTIALS

Licensed Professional Clinical Counselor | State of Ohio

Licensed to provide clinical mental-health counseling, assessment, diagnosis, treatment planning, and psychotherapy.

Somatic Experiencing® Practitioner | Credential awarded November 2018

Completed the full three-year, eight-module professional training representing 216 hours of advanced postgraduate education.

Transforming Touch® Therapist | TEB training completed 2020-2022

Completed the three-module Transforming the Experience-Based Brain® sequence twice with Stephen J. Terrell, PsyD, SEP, for 166 documented hours.

Community Resiliency Model® Teacher | Training completed 2020

Completed the CRM® Guide Course and Teacher Training.

PROFESSIONAL EXPERIENCE

Nicholas Bolton Counseling, LLC | Columbus, Ohio | June 2017-Present

Founder and Licensed Professional Clinical Counselor

- Founded and operate a specialized private psychotherapy practice serving adults in Columbus and throughout Ohio through in-person and secure online counseling.
- Have provided more than 10,000 psychotherapy sessions in private practice alone.
- Integrate Somatic Experiencing®, attachment-focused psychotherapy, Acceptance and Commitment Therapy, mindfulness, nervous-system education, relational exploration, movement, imagery, and values-based work.
- Provide specialized support for traumatic stress, developmental trauma, anxiety, depression, grief, dissociation, attachment and relationship patterns, medical trauma, emotional regulation, boundaries, and life transitions.
- Incorporate Transforming Touch®, table work, and other carefully boundaried touch-based interventions when clinically appropriate and mutually agreed upon.
- Maintain an ongoing consent process emphasizing pacing, bodily autonomy, client choice, and the right to pause, decline, modify, or redirect an intervention.
- Develop and facilitate professional presentations, workshops, public education, and consultation related to somatic psychotherapy, trauma-informed care, attachment, resilience, embodiment, and psychological flexibility.
- Provide trauma-informed somatic consultation and education for professionals, teams, and organizations.
- Manage clinical documentation, scheduling, informed consent, regulatory compliance, telehealth systems, billing, communications, marketing, and overall practice administration.
- Create written and recorded educational material through articles, online content, presentations, and The Living Current podcast.

Legacy Freedom Treatment Centers | Columbus, Ohio | April 2017-October 2018

Licensed Professional Counselor and Lead Clinician

This position overlapped with the establishment and early development of Nicholas Bolton Counseling.

- Provided individual and group counseling within a holistic outpatient mental-health and addiction-treatment program.
- Worked with clients experiencing substance-use concerns, trauma, anxiety, depression, relationship difficulties, and other behavioral-health challenges.
- Facilitated treatment groups and adapted clinical interventions to individual needs, strengths, interests, and goals.
- Developed therapeutic relationships grounded in collaboration, dignity, accountability, and sustainable behavioral change.
- Participated in treatment planning, clinical collaboration, progress review, and continuity-of-care efforts.

- Helped integrate mental-health counseling with the program's broader holistic approach to recovery and well-being.

NORTH CENTRAL MENTAL HEALTH SERVICES

My work at North Central Mental Health Services progressed through four distinct roles and provided extensive experience in direct service, case management, crisis response, counseling, client advocacy, ethics, quality systems, staff education, and organizational leadership.

North Central Mental Health Services | Columbus, Ohio | June 2016-June 2017

Licensed Professional Counselor

- Managed a community mental-health caseload of more than 40 clients while balancing individualized care with agency service requirements.
- Assessed functioning, strengths, needs, symptoms, risks, and psychological status.
- Developed collaborative treatment plans using clinical assessment, client input, service data, and ongoing review.
- Provided individual mental-health counseling and continually evaluated treatment progress.
- Coordinated care with physicians, nurses, behavioral-health providers, referral sources, family members, and community resources.
- Completed clinical documentation in accordance with agency, regulatory, and professional standards.
- Participated in the Crisis Intervention Treatment Team and agency Code Response Team.
- Completed Crisis Prevention Institute education in nonviolent crisis intervention, verbal de-escalation, emergency response, and physical safety procedures.

North Central Mental Health Services | Columbus, Ohio | August 2014-December 2015

Counselor Intern and Practicum Student

Completed concurrently with the Client Rights and Quality Improvement position.

- Completed 100 practicum hours and 600 internship hours.
- Completed 300 direct clinical hours and 400 indirect clinical and professional-development hours.
- Participated in assessment and treatment of mental and emotional disorders and conditions.
- Provided individual counseling, clinical assessment, treatment planning, and documentation.
- Conducted crisis-intervention triage through the agency's on-call center and Code Response Team.
- Facilitated nonmedical community residential alcohol and other drug treatment groups at Fowler House.
- Co-facilitated and clinically observed a Dialectical Behavior Therapy group.
- Participated in individual supervision, group supervision, case consultation, and interdisciplinary collaboration.
- Observed and consulted with clinicians using multiple therapeutic approaches.
- Developed competency in assessment instruments, professional literature, referral systems, clinical software, legal requirements, and ethical standards.

North Central Mental Health Services | Columbus, Ohio | April 2012-June 2016

Client Rights Officer and Quality Improvement Assistant Director

- Administered grievance and complaint procedures for a community behavioral-health agency serving more than 4,000 clients.
- Educated clients and staff regarding client rights, confidentiality, HIPAA, grievance procedures, ethics, and access to services.
- Listened to client and family concerns and helped identify appropriate solutions, advocacy pathways, referrals, and community resources.
- Supported family members in understanding confidentiality and its limits and in navigating emergency and behavioral-health systems.
- Helped families identify support, educational, and crisis resources when a loved one was reluctant or unable to seek help.
- Advocated for client needs while considering the responsibilities and functioning of the entire organization.
- Adjusted educational and communication approaches to the needs, knowledge, and circumstances of clients, families, and staff.
- Co-chaired the Adverse Incident, Safety, Compliance, and HIPAA committees.
- Participated in the agency's Clinical Council and Leadership Council.
- Provided mandatory staff education and communicated regulatory, ethical, and quality-related information.

- Developed and maintained databases, reports, records, and quality-improvement documentation.
- Promoted culturally responsive services through staff education and organizational initiatives.
- Participated in crisis-intervention services and the agency Code Response Team.
- Served as a member of the Consumer and Family Advisory Council of Franklin County.
- Contributed to safety review, adverse-incident analysis, regulatory compliance, organizational policy, and continuous quality improvement.

North Central Mental Health Services | Columbus, Ohio | September 2009-April 2012

Case Manager and Qualified Mental Health Specialist

- Managed a caseload of approximately 25 to 35 clients on a Transitional Community Treatment Team.
- Provided community psychiatric support to young adults and people living with significant and persistent mental-health challenges.
- Assessed client strengths, physical and emotional needs, risks, functional abilities, and available resources.
- Developed collaborative service plans addressing mental health, physical health, housing, education, relationships, daily functioning, independence, and community participation.
- Included clients, family members, and collateral providers in service planning when appropriate.
- Coordinated with physicians, nurses, treatment providers, families, schools, housing programs, and community organizations.
- Connected clients with addiction treatment, medical services, financial assistance, housing, educational opportunities, and other community resources.
- Provided advocacy, crisis intervention, de-escalation, and on-call assistance.
- Identified potentially serious or high-risk behavior and responded with appropriate crisis and safety interventions.
- Maintained clinical documentation according to standards for accuracy, timeliness, thoroughness, and effectiveness.
- Developed therapeutic relationships while maintaining clear and professional boundaries.
- Co-facilitated a Young Adults group focused on insight, education, independence, social development, practical skills, and successful community integration.
- Developed creative and flexible interventions to help clients work toward personally meaningful goals.
- Named Employee of the Month in December 2010.

EARLIER LEADERSHIP & EDUCATION

Central Ohio Area School Districts | Central Ohio | March 2009-June 2009

Substitute Teacher

- Provided classroom instruction, curriculum guidance, and academic support across multiple school environments.
- Assisted students experiencing academic difficulty.
- Prepared classroom materials and supported established lesson plans.
- Adapted instructional methods to students' differing learning needs, developmental levels, and interests.
- Facilitated activities encouraging observation, questioning, participation, and independent investigation.
- Maintained classroom structure, safety, continuity, and respectful student engagement.

Ohio State Calling, Office of University Development | The Ohio State University | January 2006-March 2009

Supervisor and Team Leader

- Contributed to recruitment, interviewing, training, coaching, supervision, and performance development of a staff of more than 120 student callers.
- Supported university outreach to a prospect pool of more than 250,000 alumni, parents, and friends.
- Established goals, timelines, performance expectations, and team priorities.
- Developed motivational strategies supporting individual encouragement, productivity, and team cohesion.
- Monitored performance statistics and provided callers with immediate feedback, coaching, and reinforcement.
- Used individual and group role-playing exercises to strengthen communication, relationship building, problem-solving, and response to difficult interactions.
- Helped callers develop behavioral strategies supporting confidence, independence, adaptability, and professional effectiveness.
- Facilitated communication across staff and leadership levels.

- Built collaborative relationships supporting a healthy and cohesive working environment.
- Modeled transparent, respectful, and accountable leadership.
- Helped the Ohio State development program raise more than \$2.5 million annually.

Ohio State Calling, Office of University Development | The Ohio State University | September 2004-January 2006

Student Caller

- Represented The Ohio State University in communication with alumni, parents, friends, and supporters.
- Developed relationships with alumni while communicating university goals, priorities, and initiatives.
- Generated private financial support for university programs.
- Responded independently to questions, concerns, resistance, and complex telephone interactions.
- Achieved Lead Caller status after four months of employment.
- Earned the highest overall statistical performance among approximately 120 callers during Fall Quarter 2005.
- Became a member of the Senior Buck Club after personally raising more than \$100,000 for The Ohio State University.

ADVANCED CLINICAL TRAINING

Somatic Experiencing® Professional Training | 2016-2018 | 216 hours

Completed the full three-year, eight-module professional training across Beginning, Intermediate, and Advanced levels. Faculty included Linda Stelte, Raja Selvam, and Berns Galloway. Areas of study included autonomic regulation, tracking, resourcing, titration, pendulation, orientation, fight/flight/freeze, shock and medical trauma, protective responses, boundaries, dissociation, developmental trauma, polyvagal-informed understanding, coherence, containment, and advanced touch principles.

Somatic Experiencing® Training Assistance | 2020-Present | More than 650 documented hours

Returned to the professional curriculum as a Training Assistant across Beginning, Intermediate, and Advanced levels in both in-person and live online settings. Responsibilities include supporting experiential exercises, student dyads and triads, pacing, nervous-system tracking, stabilization, relational presence, boundaries, and curriculum integration. Cohorts have included Nashville, Little Rock, Colorado, Boulder, and Cheyenne.

Transforming the Experience-Based Brain® and Transforming Touch® | 2020-2022 | 166 documented hours

Completed two full three-module sequences with Stephen J. Terrell, PsyD, SEP: a live online sequence from 2020-2021 and an in-person sequence from 2021-2022. Training included attachment, developmental trauma, co-regulation, primitive reflexes, early nonverbal experience, safe haven and secure base, rupture and repair, Transforming Touch®, Transforming Presence, boundaries, consent, ethics, and professional scope.

Acceptance and Commitment Therapy and Contextual Behavioral Science | Intensive study beginning in 2014

Sustained professional study through clinical trainings, workshops, courses, demonstrations, books, lectures, and professional literature. Areas include psychological flexibility, acceptance and willingness, cognitive defusion, present-moment awareness, self-as-context, values, committed action, experiential avoidance, functional contextualism, functional analysis, Relational Frame Theory, and ACT case conceptualization.

Integral Somatic Psychology™ Professional Training | Raja Selvam, PhD | 2026-Present

Current advanced professional training focused on emotional embodiment, physiological defenses against emotion, muscular and autonomic involvement, and expanding the body's capacity to experience and integrate emotion. This training remains underway and is not represented as a completed credential.

Attachment and Relational Development | Selected advanced education

Includes Relationship Development, Rupture and Repair: A Somatic Developmental Perspective with Abi Blakeslee and Dave Berger (2022, 24 hours), long-term study of Diane Poole Heller's attachment work, ongoing case consultation and demonstrations with Abi Blakeslee, and attachment-focused education through SE and TEB.

Community Resiliency Model® | 2020 | 42 hours

Completed the Community Resiliency Model® Guide Course (12 hours) and Teacher Training (30 hours), focused on biologically informed resilience skills, nervous-system education, tracking, grounding, resourcing, attention shifting, and accessible community education.

SELECTED ADDITIONAL EDUCATION

- Trauma-informed yoga in mental-health practice | 2019 | 6.25 hours
- Mindfulness and meditation
- Polyvagal-informed education
- Parts work and complex dissociation
- Rational Emotive Behavior Therapy
- General Semantics
- Grief and spiritual care
- Crisis intervention and de-escalation
- Addiction and substance-use treatment
- Suicide assessment and intervention
- Professional ethics and risk management
- Telehealth, HIPAA, and digital privacy
- Clinical supervision education
- Cultural responsiveness
- Nature-based and contemplative approaches

SELECTED PRESENTATIONS & PROFESSIONAL EDUCATION

Healing Beyond Words: Supporting Safety and Integration Through Body-Based Trauma Care |

Central Ohio Mental Health Professionals Conference | Dublin, Ohio | May 15, 2026

Opening conference presentation focused on safety, integration, nervous-system regulation, and body-based trauma care.

Conditions for Integration | Professional continuing-education presentation | 2026

Two-hour professional education program exploring the somatic, relational, and nervous-system conditions that support integration.

Additional Education Topics | Ongoing

Somatic psychotherapy; nervous-system regulation; attachment and co-regulation; developmental trauma; pacing, consent, and agency; resilience and stabilization; boundaries and self-protection; psychological flexibility; values and meaningful action; embodiment and relational presence.

CONTINUING CONSULTATION & EXPERIENTIAL DEVELOPMENT

Ongoing professional development includes case consultation, advanced education, practitioner groups, live clinical demonstrations, training assistance, mentorship, personal Somatic Experiencing sessions, personal Transforming Touch sessions, and embodied and contemplative practice.

Professional learning has included work with Abi Blakeslee, Linda Stelte, Berns Galloway, Raja Selvam, Russell Jones, Twig Wheeler, Stephen J. Terrell, Glyndie Nickerson, Alicen Halquist, and additional somatic and trauma-focused teachers and practitioners.

Across formal programs, training assistance, continuing education, consultation, personal experiential work, and advanced study, I have completed thousands of hours of somatic and trauma-focused professional development.

WRITING & PUBLIC EDUCATION

My writing, podcasting, presentations, and educational work explore the meeting place among somatic psychology, trauma and nervous-system regulation, attachment, acceptance and values, grief, creativity, meaning, embodiment, culture, spirituality, nature, and the living world. This work includes articles, recorded education, workshops, online content, and The Living Current podcast.

PROFESSIONAL PERSPECTIVE

My professional development has moved through communication, leadership, education, community service, advocacy, systems work, clinical counseling, somatic psychotherapy, attachment, and contextual behavioral science.

My early leadership experience taught me how to train, encourage, communicate, evaluate, and support people within groups and organizations.

Substitute teaching strengthened my ability to adapt information to different people and learning needs.

Community behavioral health taught me to understand mental health within the larger realities of family, housing, physical health, finances, institutions, culture, access, and community.

Client-rights and quality-improvement work strengthened my commitment to ethics, advocacy, accountability, informed consent, and respect for the person receiving care.

Clinical practice and advanced somatic education have deepened my ability to listen to the body, nervous system, attachment, behavior, values, relationship, and the many forms through which human experience becomes organized.