

First Responder Provider Network Spotlight

Greetings! I am honored to share with you my work as a Missouri CIT Specialized First Responder Provider.

Since 1986, I have been in private practice in West St. Louis county as a licensed clinical social worker in private practice. Since 1991, I have worked in practice with my husband, Ken McManus, LPC, who is also a Missouri CIT Specialized First Responder Provider.

In my practice, I work with adults over 21 as a Certified EMDR Psychotherapist, which I greatly value as a clinical approach because, as an EMDR mentor of mine describes EMDR: “One of the cornerstones of EMDR therapy is the importance of staying out of the way and “letting whatever happens, happen.”

One of the many things I value about EMDR and one I believe optimizes good psychotherapy is to empower individuals with their own awareness and resiliency. As a therapist, I value helping clients develop curiosity about their inner experience and to approach and discover their capacities as people, no matter what they have experienced in life, and what they believe about themselves to be true.

This is also what I love about being an EMDR therapist and serving the Missouri CIT team at PCIS retreats for first responders within Department of Corrections and Highway Patrol. The PCIS retreats are places where I witness the transformation of individuals who have been carrying burdens, sometimes for a lifetime, put them down, and begin a new way of living. After almost 40 years in this field, Missouri CIT and PCIS has infused my clinical work with a hope for humanity and that the possibilities of change are always possible.

In my spare time, I love to fly fish with my husband, Ken, whenever and wherever we can. I was born and raised in the Florida Keys, but living in Missouri for over 40 years makes me feel lucky as the trout streams are plentiful and gorgeous!

Thank you for the opportunity to serve you and your families and to be a part of the wonderful organization that is Missouri CIT.



*ALYNN
SCHMITT
MCMANUS,
M.S.W., L.C.S.W.*

