

# First Responder Provider Network Spotlight



*Aisha Lubinski,*  
*LPC*



Hi! My name is Aisha Lubinski (Pronounced Eye-Sha or i-sha) and I am a Licensed Professional Counselor (Therapist) in St. Louis, MO. Aisha means free in Arabic and honors my Pakistani heritage. I have been honored to be a part of the Missouri CIT First Responder Provider Network since its inception in 2018. Working with First Responders is a huge passion of mine as I am the wife of a combat veteran and first responder! I recognize the sacrifice that is made each day by the responder, as well as the families, to do the job they do!

I have been in private practice since 2015. I started my practice exclusively as a Registered Dietitian working with Eating Disorders while in Graduate School for Counseling. Throughout graduate school I became trained in specific trauma models of therapy that would help me work with first responders! I am trained in EMDR, Brainspotting, Emotion Focused Therapy and hold a Certification as an Internal Family Systems (IFS) Therapist.

Internal Family Systems is an evidenced based model that allows us to witness our stories in a way where we can hold compassion, care, curiosity and courage that lead to healing. Have you ever experienced an internal conflict where part of you wants to reach out and ask for help or acknowledge that you need help and another part tells you not to, that you're strong enough to not need help? Have you ever wondered how you came to believe that you needed to be strong enough to not need help or what asking for help would mean about you? IFS allows us to explore the roots of the beliefs and burdens we hold so that we can witness and release them. I know this approach works because it is what I use in my personal therapy (YES, therapists need therapists to keep them healthy and strong too!) and it has led to so much personal growth!

The best thing about IFS is that it is PERFECT for working with couples (my favorite type of first responder to see)! We create space to learn about the parts of our partners that are bothered or burdened that often lead to those arguments that seem to repeat themselves. We create space to really hear, honor and validate each partner's experience and can create healing between their parts together. I have seen couples make tremendous shifts using this approach and it is beautiful to witness.

When I am not working, I am taking care of our two toddler aged sons and our three dogs. We have a cat, but she doesn't claim me, only my husband. Fun fact, I felt strongly that I needed a daughter, so I decided to get a Dogter, Willow, who works with me as a Therapy Assistant in training. Willow is a purebred English Bulldog. She is learning how to assist clients in their therapy by being an unconditional source of love and comfort while also helping clients to stay present and grounded in the room. Lastly, the most fun fact about me is I am a football fanatic, specifically a proud member of Who Dat Nation! You can take the girl out of New Orleans but you can never take the NOLA out of the girl! Geaux Saints!

I am so grateful to Missouri CIT for creating this network and I am grateful to the First Responders and their families that utilize the network providers.

