

SOULFLO THERAPY

THERAPY



Nancy Phung-Smith, LMFT

Founder & Clinical Director, SOULFLO Therapy

EMDRIA Approved Consultant

Nancy specializes in trauma-focused therapy intensives for high-functioning adults navigating complex and developmental trauma, including Complex PTSD (C-PTSD) — integrating EMDR, IFS, and Brainspotting.

EMDRIA Certified Therapist

EMDRIA Approved Consultant

Brainspotting Phase 1 & 2 Trained

IFS Level 1 Trained

CIIS PhD Candidate

Clinical Focus

Trauma-focused intensives for high-functioning adults with complex and developmental trauma. Often works in an adjunct model, alongside a client's existing weekly therapist.

Approach

Helping clients move beyond intellectual insight into real, felt change — especially those who've done significant prior work and feel ready to go deeper, not just talk more.

About Nancy

A child of immigrants and an AuDHD mother and researcher, Nancy is passionate about uplifting healing practices within the mental health field that honor both clinical rigor and lived experience.

Trained In

EMDR

Eye Movement Desensitization & Reprocessing

IFS

Internal Family Systems

Brainspotting

Body-based trauma processing

Licensed in California, Oregon, and Florida

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