

Julie Shiller



ACSW #123247

Julie Shiller is an Associate Clinical Therapist and Mental Performance Coach with extensive experience in strength and conditioning and social work. With over 15 years in youth development and coaching, Julie brings a wealth of expertise in integrating mental skills with sport performance, serving a diverse clientele that includes youth, teens, and adults. Julie's therapeutic approach is rooted in holistic, strengths-based methods. She is dedicated to teaching athletes, coaches, and parents the tools necessary for high performance and personal growth. Her unique style includes self-talk training, mental imagery and visualization, meditation, breath work, and the development of healthy routines and habits, all aimed at enhancing overall well-being and performance.

Supervised by: Delia Valenzuela LCSW #97833