

You@Goodwin Monthly Newsletter

Connect with Our Behavioral Health Consultants

As the year winds down, it's a great time to get reacclimated with our Behavioral Health Consultants. They offer convenient on-site and virtual access to care, helping you stay focused, motivated, and performing at your best. Through confidential, one-on-one consultations, they can support you with personal or professional challenges such as stress management, conflict resolution, family and relationship concerns, and more. Take advantage of this resource to prioritize your well-being and start the new year strong!

Behavioral Health Consultants are available to all U.S. offices virtually and can meet in person at their designated locations if you prefer. Click [here](#) to book an appointment.



[Watch Andrew's Introduction Video](#)

Andrew Blatter, LCSW, JD

ABlatter@bhsonline.com

New York

Tuesdays, 10 am – 7 pm ET

In-person, phone, and video consultations available

Andrew, a Licensed Clinical Social Worker, specializes in addressing burnout, anxiety, depression, stress, addictions, LGBTQ+ concerns, self-esteem, trauma, and relationship challenges. Formerly a corporate partner at Hunton & Williams, Andrew brings deep insight into the realities of high-pressure careers and the complexities of balancing external demands with personal well-being.



[Watch Leighna's Introduction Video](#)

Leighna Harrison, PhD

LHarrison@bhsonline.com

Silicon Valley

Fourth Wednesdays, 10 am – 6 pm PT

In-person, phone, and video consultations

Dr. Harrison is a licensed clinical psychologist who works from an ethic of liberation. In her private psychotherapy practice, she supports Silicon Valley professionals in beating burnout and reclaiming joy, vitality, and pleasure in daily life. Her specialty areas include anxiety, depression, trauma, racial trauma, substance use, mind-body integration, women's health & wellness, sexuality & intimate relationships, and equity, diversity, intersectionality & inclusion. Dr. Harrison is trilingual

(English/Spanish/Portuguese); cultural humility is a foundational aspect of her work.



[Watch Leslie's Introduction Video](#)

Leslie Strachan, LICSW, CEAP

LStrachan@bhsonline.com

Boston

Wednesdays, 10 am – 6 pm ET and starting Jan 2026 the
Second Thursday of every month, 10 am – 6 pm ET

In-person, phone, and video consultations available

Leslie brings years of experience working in Employee Assistance Programs and is dedicated to supporting employee's needs while enhancing personal and professional well-being. Leslie also has a private practice where she offers individual coaching and therapy. Her clinical skills blended with her coaching expertise creates an environment for clients to feel supported while developing a collaborative coaching relationship.



[Watch Shirley's Introduction Video](#)

Shirley Pakdaman, PsyD

SPakdaman@bhsonline.com

Santa Monica, Los Angeles

Third Fridays, 10 am – 6 pm PT

Phone and video consultations

Dr. Pakdaman is a Clinical Psychologist with a doctorate in Clinical Psychology from Pepperdine University. She is in private practice where she specializes in helping people with high performing professionals and first-generation Americans. Dr. Pakdaman has a special passion for helping holistically and taking a biopsychosocial approach to improving wellness.



[Watch Stephanie's Introduction Video](#)

Stephanie Kolar, LPC

SKolar@bhsonline.com

Washington, DC

Third Thursdays, 10 am – 6 pm ET

In-person, phone, and video consultations available

Stephanie has been providing counseling, consultation, assessment, employee assistance, and workplace wellness services for over 20 years. Her areas of practice include anxiety, depression, mood disorders, trauma recovery, women's and men's issues, domestics violence, stress management, short-term therapy, work-life balance, parenting, grief recovery, PTSD, and couples counseling.

Click [here](#) to explore webinars and events for December.

YOU@GOODWIN	<u>Benefits Event Calendar</u>
<u>benefitsdepartment@goodwinlaw.com</u>	617-570-1800

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