

LYNNIE STERBA, LCSW



Lynnie Sterba is a licensed therapist, creativity coach, and artist dedicated to empowering individuals and teams through innovative approaches. Combining empowerment techniques with artistic expression, Lynnie helps clients overcome personal blocks and develop effective problem-solving skills.

Lynnie earned her Master's degree in Social Work from UCLA and studied ontological coaching at Landmark Education. She has worked in public organizations and maintains a private practice with diverse clients. Lynnie has led workshops at conferences such as the Conference for Global Transformation and the Solution conference, focusing on empowering people with eating disorders and addictions. With extensive experience in trauma work, Lynnie supports individuals struggling with eating disorders, addictions, anxiety, depression, and trauma. She excels in team-building activities, using art to foster collaboration and enhance group dynamics.

Passionate about creativity's transformative power, Lynnie guides clients toward empowerment and self-discovery in a safe and nurturing environment. She uses art to help clients reach a flow state, promoting feelings of mastery, excitement, and decreased anxiety.

Through various art experiences, Lynnie helps participants identify basic emotions, address feelings of being stuck or resigned, and learn how to work cooperatively. Lynnie encourages unique problem-solving approaches, out-of-the-box thinking, and infuses fun into the work environment. This process helps individuals discover what is important to them in terms of making a difference with others and transforms problems into exciting challenges, enabling them to surpass perceived limitations. Participating in art experiences reduces stress, boosts morale, and improve cognitive abilities. These activities help employees feel a sense of belonging and pride, strengthening their connection to their organization.

Art experiences can include warm up exercises with a theme or no theme utilizing a variety of materials including colorful pens, paint, and collage materials. Clients could draw or paint a feeling about conflicts or challenges where they feel disempowered. An emotions color wheel having objects or colors representing different emotions could be used to experience a variety of emotions illustrating movement from one feeling to the next. Collage with magazines is also an effective tool to tell stories of visual issues difficult to express in words.