

Michael Zuch

THERAPY & CONSULTING

Certified EMDR Therapist specializing in providing virtual and affirming trauma-focused therapy to clients in New Jersey, Tennessee, and South Carolina

Service Offerings

www.michaelzuch.com



Hi there!

My name is Michael (he/they) and I am a Licensed Clinical Social Worker (LCSW) and Certified EMDR Therapist based in Jersey City, NJ providing virtual therapy to adolescents (14+) and adults.

I accept multiple health insurances and self-pay (see page 8).

About Me

I began my social work journey over a decade ago supporting refugee families in my home country of Austria. Since then, I've worked across continents, communities, and care systems—from youth development and rural mental health to an urban trauma center in Tennessee. I earned my MSW from the University of South Carolina in 2019 and am currently pursuing my PhD in Social Work at Rutgers University to help build more culturally responsive systems of care for immigrant and LGBTQ+ individuals and families.

Mission Statement

MZTC is committed to providing **trauma-informed**, **culturally attuned**, and **identity-affirming** care to individuals navigating the impact of violence, marginalization, and disconnection. Rooted in **relational** practice, **community** care, and a deep respect for intersectional identities, MZTC exists to support **integration**, **clarity**, and **connection**—particularly for **queer** and **immigrant** communities, **survivors of trauma**, and those struggling with **anxiety**. Through psychotherapy, research, and education, MZTC bridges rigorous knowledge with human connection to foster safety, agency, and facilitate collective care.

Therapy With Me

I don't always like to use the word *healing*—it can feel too neat or final. But I do believe we can mend the parts of ourselves that have been hurt with compassion and courage. I take an anti-oppressive approach, shaped by an awareness of how culture, history, and politics affect our lives. And let's face it: the world is on fire. So we can talk about that too.

I also believe therapy doesn't always have to be heavy. **Laughter, humor, and play** help us grow our **capacity for connection**—and sometimes, not taking ourselves too seriously is part of the work.

Clinical Focus

I offer virtual therapy to adolescents (14+) and adults.
Many of the people I work with:

- live with **anxiety or panic** that feels hard to name or explain
- have experienced **trauma**—even if they still question whether it “counts”
- are survivors of **sexual violence**
- are untangling the impact of harmful or **confusing religious environments**
- identify as **LGBTQ+** and are seeking an affirming space
- are **immigrants or third-culture kids** navigating belonging across worlds
- tend to **avoid conflict**, even when it comes at a personal cost
- hold themselves to **impossible standards**
- **care deeply about justice** and long to build a more beautiful, connected world

I'm bilingual and provide therapy and trainings in both English and German—or my favorite: Denglish, the delightful mashup my brain often thinks in.

Clinical Training & Modalities

Therapies I use:

- **EMDR:** Certified by EMDRIA with basic training in Somatic and Attachment Focused EMDR.
- **Internal Family Systems (IFS):** Explore parts with compassion.
- **Narrative Exposure Therapy (NET):** Especially for trauma of displacement and immigration.
- **Relational-Cultural Therapy:** Feminist approach rooted in deepening relationships and connection.
- **Theraplay & Attachment-Based Work:** Especially with teens and families.
- **Family Systems:** To support parents in enhancing their care for their teenager.
- **Transformative Justice:** Anti-oppressive practices focused on facilitating generative conflict and creating accountability beyond punishment.



Adjunctive EMDR Therapy Services

*Targeted Trauma Support.
In Partnership With Your Therapist.*

What is Adjunctive EMDR Therapy (A-EMDR)?

A-EMDR offers focused, shorter-term trauma reprocessing work in partnership with an existing therapist. This is an ideal approach for clients who are stuck due to a recent traumatic event (accident or assault) or acute anxiety that prevents the client from fully benefiting from their therapeutic work with their primary therapist.

I actively partner with the primary therapist throughout the process to ensure solid collaboration and a mutually-supportive and client-centered process that moves towards reaching the client's goals of relieving their distress.



What makes A-EMDR unique with Michael?

- *Fully virtual*
- *Integrates EMDR + parts work*
- *Works with many insurances*
- *Affirming and anti-oppressive*

**More complex cases, like cPTSD, substance use, and dissociation will be assessed and will likely need a more full-time commitment.*

Trainings & Workshops

Here are the names of some workshops I have facilitated in the past to mental health professionals, lay care providers, churches, social movement spaces/activist groups, and schools.

- *Trauma-Informed Care 101*
- *Adverse Childhood Experiences, Complex Trauma, and Systemic Oppression*
- *Holding the Pieces: Integrating Religious Trauma and Spiritual Identity*
- *Queer and Culture Affirming Attachment Work*
- *Supporting LGBTQ+ Youth and Families*
- *Immigration and Health Equity - Research Overview*
- *Trauma-Focused Group Facilitation*

Please reach out if you would like to discuss planning a training for your organization, company, or community group.

Coming Soon:

- *Currently training in Immigration Evaluations to support immigrants in their asylum and hardship cases in immigration court.*
- *In the process of getting New York State LCSW licensure approval, so I will be able to see clients in NY.*

Fees & Insurance

Self-Pay rate: \$150 for 60 minutes

Insurance (updates frequently, so check website)

New Jersey

- Aetna
- Cigna
- In process: Carelon Behavioral Health, Quest Behavioral Health, Horizon Blue Cross Blue Shield of NJ
- Waitlist: Optum (incl. UnitedHealthCare, Oscar, and Oxford)

Tennessee

- Aetna
- Cigna
- In process: Carelon Behavioral Health, Quest Behavioral Health, Blue Cross Blue Shield of TN
- Waitlist: Optum (incl. UnitedHealthCare, Oscar, and Oxford)

South Carolina: Self-Pay Only

I run my practice with the help of Alma and Headway. These services make it possible for me to provide more accessible care. If you have concerns or questions about this, I am happy to discuss.

Any questions? Please reach out!

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