

Kerry Umphrey, NBC-HWC, FMCHC, CSS, serves as a Crisis Responder & Resiliency Trainer for Capacity Path. She has an extensive background in psychology, coaching and training, with over 30 years of experience working as a life and business coach, providing support and guidance to 1000s of individuals personally and within groups. She also served as a motivational speaker and trainer for Fortune 500 companies, covering topics such as stress management, self-esteem, and achieving a healthy work-life balance. In 2018, Kerry expanded her expertise in lifestyle and functional medicine as a National Board Certified Health and Wellness Coach, becoming one of the first 4000 healthcare practitioners in the country to achieve this designation by the National Board of Medical Examiners (NBME) in 2020. She specializes in helping individuals understand and learn how to personally mitigate the effects of daily life, stress and trauma on their physical and mental health. Kerry has served as a local asset on Florida's State Emergency Response Team for Mental Health (SERT-MHW) which in Hurricane Ian response provided crisis support sessions for SWFL residents and also functional wellness support at 50 responder agencies and EM locations across Lee County and the barrier islands. In disaster recovery, she served on Capacity Path's Resiliency training team which conducted over 145 Disaster Resilience workshops and numerous individual sessions for another 4 months. Currently, Kerry is pursuing her PhD, deepening her understanding of lifestyle and functional medicine. Her research and studies aim to explore the benefits of these approaches in mitigating the traumatic impacts of crises and disasters for both responders and survivors. This work reflects her passion for utilizing multiple approaches to improve the overall functioning and capability of individuals responding to and involved in crisis situations as a SME partner to facilitate Mental Health resource programs for first responders.