

Kendra Simpkins is an Advanced Rapid Resolution Therapy (RRT) practitioner, trained and supervised by RRT founder Dr. Jon Connelly. A native to Sarasota County, she received her Masters in Social Work from Columbia University. Kendra provides RRT to individuals experiencing PTSD, sexual trauma, grief, depression or any troubling impression associated to prior events. As a US Army veteran, Kendra specializes in military related trauma and provides a unique perspective outside of Veterans Affairs programs. She is the President and CEO of Operation Warrior Resolution, Inc. (OWR) a 501c3, which provides RRT to military service members. Kendra is the Clinical and Program Director of Operation Warrior Resolution's intensive Veterans Healing Retreats, providing RRT and trauma-informed yoga. She is also a certified yoga instructor and provides a weekly Combat Conscious Yoga class for veterans and their family members, where she incorporates how to use yoga to address military related challenges. Her work with veterans and RRT has been featured on national and local news and radio. She is an Associate Trainer with The Institute for Rapid Resolution Therapy and regularly travels nationwide to train other mental health professionals in RRT. Kendra is a mentor and Warrior Leader with the Wounded Warrior Project in the Sarasota, FL area.