

Dr. Kuemerle-Pinillos Purposeful Journey Opens Healing Grounds, a New Trauma-Informed Healing Space in Sarasota, Florida

Dr. KP, PhD, LCSW, founder of purposeful journey/Healing Grounds, a trauma-informed community healing space located at 5672 Marquesas Circle in Sarasota.

SARASOTA, FL, UNITED STATES, September 7, 2026 /EINPresswire.com/ -- About Healing Grounds

“

Trauma affects not only individuals, but families, communities, and societies. It is my lifelong purpose and legacy to bring as much healing as I can to as many people as possible through my practice.”

*Dr. Kuemerle-Pinillos, PhD,
LCSW*

Grounds

Healing Grounds was created as a trauma-informed community space to serve clients individually, as couples, families, and groups, alongside classes and community events. Using evidence based models such as EMDR, IFS, and Ketamine Assisted Therapy, among others, Dr. Kuemerle-Pinillos partners with five local and national nonprofit organizations to extend [trauma-informed care](#) to populations who might otherwise lack access, including at-risk youth; the LGBTQ+ community; veterans; survivors of high-control groups and cults; immigrant communities; and individuals living with complex trauma. She also holds specialized training in neurodiversity, including Autism

Spectrum Disorder and ADHD, and provides attuned clinical care in both Spanish and English, matching each client with the language that feels most natural to them. She offers training to local and national organizations on topics such as emotional intelligence, trauma informed care, and more.

Healing Grounds has available physical space for other organizations and individuals who are in the wellness/therapy field, and want to have a trauma informed and collaborative space for their practice.

Healing Grounds is also home to Dr. Kuemerle-Pinillos's community program, [Healing Voices](#). Developed during her years serving communities around the world, Healing Voices connects the clinical work of trauma recovery to the community connection essential to post-traumatic growth, creating a space where individuals who have healed share their stories with their local community and support system, and in turn receive the witness, support, and embrace needed to continue thriving. The program is also offered in Spanish as Voces Sanadoras, where Dr.

Kuemerle-Pinillos collaborates with five bilingual, bicultural Licensed Clinical Social Workers who facilitate a monthly group open to all ages within the local Latino community. Additional community partnerships continue to develop as part of the broader vision for Healing Grounds.

“You have changed my life. You were a God send. Exactly what I needed, and you saved my life. My marriage. My family. And each of my kids. We are all different. Better. Impacted forever because of the work you have done with me. I am eternally grateful”

Said a local community member after healing her complex trauma with Dr. KP.

Healing- A Story of Resilience

Dr. Kuemerle-Pinillos was born and raised in Colombia. She came to the United States at age 15, leaving an unsafe home environment. After arriving to live with her father, it soon became clear that arrangement could not last, and over the following two years — before graduating high school — she moved through more than seven different homes.

As a senior in high school, seeking the stability she had long been missing, she enlisted in the U.S. Air Force after a recruiter visited her honors government class, following a family tradition of service that included relatives in the military, and both of her parents' careers in law enforcement. She served as a Mental Health Technician, an experience that sharpened a calling to help others that had already shaped her life — from helping raise her three younger siblings to being a steady presence for friends in crisis.

While serving, she began her college education, completing an undergraduate degree in psychology, married her husband, and started a family with their two children. After leaving active duty, she earned a Masters of Social Work, and a PhD in Clinical Practice and Human Services. She continued serving as a civilian clinician in military and local communities around the world, including the migrant community in North Carolina; Marine, Army, and Navy service members in Japan; and active-duty and special operations personnel in England. After 20 years of her husband's active-duty Air Force service, the family relocated to Sarasota. With 25 years of experience across inpatient, intensive outpatient, intensive in-home, outpatient settings, and specialized training in trauma, Dr. Kuemerle-Pinillos is licensed to practice in six states: Florida, Massachusetts, North Carolina, Connecticut, Vermont, and New Mexico.

About Dr. KP Purposeful Journey

Dr. KP Purposeful Journey is the private practice of Dr. Johana Kuemerle-Pinillos, PhD, LCSW, a trauma-focused therapist serving individuals, couples, and families in Sarasota, Florida, and



Dr. KP Sarasota, Florida

across licensed states. Rooted in 25 years of clinical experience, and a deeply personal understanding of resilience, the practice operates from Healing Grounds, a trauma-informed community space offering therapy, groups, classes, and public programs including Healing Voices.

Johana Kuemerle Pinillos

Purposeful Journey

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