



Lynsey Retzlaff, MSW, LCSW

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Lynsey Retzlaff, LCSW, is a licensed psychotherapist, workplace wellness speaker, and consultant with over 14 years of clinical, trauma-informed experience. Working at the unique intersection of mental wellness and human performance, Lynsey specializes in diagnosing the organizational and individual system dynamics that drive burnout, communication breakdown, and disengagement within organizations and cultures. She equips service-based organizations with the stability, alignment, and validation infrastructure needed to sustain effectiveness under pressure. Lynsey's extensive clinical background spans all levels of care, from inpatient to outpatient settings. Notably, her trauma-informed work history includes assisting in the opening of the leading trauma residential adult unit in the United States. Today, she translates these deep clinical insights into practical, operational skills for the workplace. Additionally, Lynsey operates a specialized clinical practice focused on helping women manage anxiety, complex interpersonal dynamics, and persistent stress cycles—a perspective that continually refines her workplace wellness strategies. She currently collaborates with service-based organizations, leadership, and teams to cultivate the skills and conditions needed to build resilient and engaged cultures. Lynsey holds both a Bachelor's and a Master's degree in Social Work and is a Licensed Clinical Social Worker (LCSW).