

Community Mental Health Therapist Intern

September 2014 - June 2015

Provided community-based individual and family therapy for a diverse population of children and their families at both school and home locations. Responsibilities included writing and reviewing individual service and crisis plans, and obtaining special population consultations. Engaged and worked with school staff, clients, and parents in creating and working toward service plan goals. Implemented and utilized a variety of play therapy, art therapy, and Trauma-Focused Cognitive Behavior Therapy with the child clients. Applied family-based systemic therapy, Cognitive Behavior Therapy and psychoeducational skills to empower and educate parents.

Seattle University, Seattle, WA

Marriage Preparation for Couples Intern

September 2014 - June 2015

Facilitated couple's marriage preparation and counseling. Assessed specific areas within the relationship that would benefit from communication and application of skills. Guided and facilitated the communication while providing appropriate skills training where needed. Key areas of assessment, psychoeducation and inquiry included:

- Exploration of strength and growth areas
- Strengthening of communication skills
- Cross-cultural differences and interaction
- Understanding personality differences
- Identification and management of major stressors
- Conflict resolution
- Development of a balanced relationship
- Establishment of personal and couple's goals

University of Washington Medical Center, Seattle, WA

Spiritual Care Provider Intern (CPEI)

June - August 2012

Led weekly spirituality and grief groups within the patient psychiatric ward. Responsible for providing clinical pastoral care support and counseling for individual in a large regional hospital providing intensive and acute care. Functioned within a complex hospital system coordinating with medical staff and fulfilling detailed charting requirements.

Madrona School, Bainbridge Island, WA

Administrator and Board Member, Parent Educator, Teacher

1998 - 2011

Created and led parenting and early childhood development workshops and groups. Listened, supported, and offered guidance to school parents on parenting and educational issues. Led teacher teams to address the needs of students with special needs. Taught kindergarten, preschool and parent-toddler/infant classes. Co-founded and help grow the school from preschool through 8th grade using leadership, public speaking, consensus-building, and teamwork skills. Developed and implemented professional development standards for teaching faculty.

Little Cottage Preschool, Ames, IA*Founder and Teacher*

1993 - 1998

Developed and taught a Waldorf early childhood program in my home. Co-founded the Ames Waldorf Association, which opened Iowa's first Waldorf School, Prairie Flower Waldorf School.

Child Abuse Prevention Agency of Story County, Ames, IA*Director of Parents of Newborn Support Program*

1991 - 1993

- Responsible for the day-to-day success of the Parents of Newborn Support Program.
- Provided home-visit outreach to parents of newborns in Story County.
- Assessed family needs, and provided support for the overall wellbeing of the infant and family.
- Liaised with community resources and service providers.
- Conducted abuse prevention presentations to elementary and middle schools students.

PROFESSIONAL ASSOCIATIONS

- AAMFT/WAMFT
- FSTNW
- IOCDF
- Bainbridge Island Psychotherapy Guild
- Alpha Sigma Nu Honor Society

PROFESSIONAL DEVELOPMENT

- Treatment Approaches to Anxiety – November, 2018 (3 CEU's)
- Advanced Issues in Divorce and Stepfamilies – November, 2018 (6 CEU's)
- Emotionally Focused Therapy for Individuals – Oct., 2014 (12 CEU's)
- Emotionally Focused Therapy for Families – April, 2016 (6 CEU's)
- Emotionally Focused Therapy Externship – April & May, 2015 (26 CEU's)
- Therapeutic Work with Suicidal Clients – Wellspring – February 2017, (3 CEU's)
- Suicide Assessment, Treatment, Mgt – Wellspring – 2016 (6 CEU's)
- CRAFT Training (for families dealing with SUDs) – February, 2016 (18CEU's)
- Trauma-Focused Cognitive Behavior Therapy for Children Online Training - Sept., 2014
- Trauma Stabilization Interventions, May, 2015 (12 CEU's)
- DBT skills training, July, 2015 (12 CEU's)
- Human Sexuality and Therapy, Seattle Pacific University – November, 2015, 3 credits

REFERENCES PROVIDED ON REQUEST
