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WORK EXPERIENCE

Head & Heart Therapy, Portland, OR

Founder / Therapist, Feb 2018 – Present

- Maintains the clinic website
- Provides clinical supervision to registered associates working toward licensure, in addition to licensed staff and students.
- Offers individual and group therapy to individuals experiencing co-occurring issues ages 15 and up.
- Develops treatment plans according to diagnostic evaluations.
- Monitors, evaluates, and records client progress with respect to treatment goals.
- Conducts biopsychosocial diagnostic evaluations.
- Provides care coordination on an as needed basis.

Integrative Trauma Treatment Center, Portland, OR

Clinical Director, Nov 2016 – May 2018

- Developed and implemented organizational policies and procedures.
- Conducted recruitment, hiring and training of personnel.
- Planned, implemented and administered co-occurring programs.
- Supervised and evaluated work activities of clinical staff.
- Provided individual and group supervision to clinical staff.

Mental Health Therapist, Nov 2016 – May 2018

- Provided individual, group, and family psychotherapy, often art therapy, under a trauma informed lens, to children, adolescents, and adults experiencing co-occurring issues.
- Modified treatment plans according to changes in client status.
- Monitored, evaluated, and recorded client progress with respect to treatment goals.
- Conducted biopsychosocial diagnostic evaluations.

Cedar Hills Hospital, Portland, OR

Women's Program Coordinator, Jul 2014 – Jan 2017

- Created and implemented a co-occurring trauma treatment program.
- Instructed others in program methods, procedures, and functions.
- Collaborated with a multi-disciplinary team for efficacy integrating the program.
- Concurrently maintained a caseload while providing crisis stabilization, case management, brief therapy, risk assessments and psychoeducation to family members.
- Facilitated evidence-based therapy groups.

PRN Art Therapist, Jan 2013 – Aug 2014

- Led art therapy groups for adults experiencing co-occurring issues.
- Conducted art therapy assessments to assess patient functioning.

Farmington-Square Tualatin, Tualatin, OR

Activity Director, Oct 2013 – Aug 2014

- Supervised staff while managing the schedule and department budget.
- Created a monthly newsletter highlighting facility events and residents' stories.

- Led daily art therapy groups for residents at the continuing care facility experiencing dementia.
- Developed the activity schedule and monthly events for the facility.

North West Behavioral Healthcare, Gladstone, OR

Adolescent Counselor, May 2012 – Oct 2013

- Provided support to the clients, adolescents age 12 to 17 experiencing co-occurring issues.
- Led art therapy groups promoting progress related to treatment goals.

LifeWork's Child Day Treatment Program, Tigard, OR

Student Art Therapist, Aug 2012 – May 2013

- Provided individual art therapy, family art therapy, as well as group art therapy.
- Managed a caseload of approximately 10 clients consisting of children ages 4-12 experiencing severe emotional and behavioral difficulties.
- Conducted assessments, devised treatment plans, and provided crisis intervention.

Luke-Dorf, Tigard, OR

Student Art Therapist, Aug 2011 – May 2012

- Facilitated three art therapy groups weekly to adults experiencing severe and persistent mental illness.
- Conducted art therapy assessments.

Life and Learning Services, Rochester, NY

Residential Habilitation Counselor, Jan 2011 – Jun 2011

- Worked directly, in the home, and in the community, with a 13-year old boy diagnosed with autism.
- Implemented an individual habilitation plan, providing ongoing instruction and support services.

EDUCATION

2013 · Master of Arts, Art Therapy Counseling

Marylhurst University, Marylhurst, OR

2010 · Bachelor of Science, Individualized Studies; Art Therapy and American Sign Language

State University of New York College at Buffalo, Buffalo, NY

CREDENTIALS

Completed **Part 1 & II** of the **EMDR** training approved by the EMDR International Association

2018 · **Master Addiction Counselor**, #512133, National Certification for Addiction Professionals

2018 · **Approved Clinical Supervisor**, # 3108, Center for Credentialing and Education

2016 · **Licensed Professional Counselor**, #C4237, State of Oregon Board of Licensed Professional Counselors and Therapists

SPEAKING EVENTS

August 2021 · **Presenter for The Recovery Village Ridgefield; *Dissociation 101: The Basics***

June 2020 · **Presenter for The Recovery Village Ridgefield; *Working Healthy: A Closer Look at the Importance of Trauma Informed Care and Compassion Fatigue***

July 2019 · **Presenter for The Recovery Village Ridgefield; *Working Healthy: Investigating Burnout and Trauma informed Care***

May 2019 · **Presenter at the ASO Mid-Year Conference held in Orlando; *Course #928: Working Healthy as an Ocularist***

April 2015 · **Presenter at the national Council for Exceptional Children Convention and Expo held in San Diego; *Shelter from the Storm: Art Therapy Treatment for a Traumatized Boy***

SPECIALIZED TRAINING

Internal Family Systems (IFS)

- 2022
 - IFS Level I (projected completion September 2022) (80 hours) *To be completed*
 - IFS & Disordered Eating: Heal the Relationship Between Food and Body (1 hour) *To be completed*
 - IFS Approaches to Shame, Anxiety, and Depression (1 hour) *To be completed*
 - IFS & Couples Therapy: Using Intimacy from the Inside Out (IFCO) to Heal, Improve, and Provide Relationship Help (1 hour) *To be completed*
 - IFS with Children & Adolescents: Using Parts Work to Help Young People Heal (1 hour) *To be completed*
 - IFS Approaches with LGBTQIA+ Clients (1 hour) *To be completed*
 - Healing Racial Trauma with IFS (1 hour) *To be completed*
 - IFS & Addictive Processes: Healing Wounds and Restoring Balance to the System of Parts (1 hour)
- 2021
 - Internal Family Systems (IFS): Development, Application and Transformational Model to Effectively Help Clients Improve Well-being. (3 hours)
 - Embracing Suicidal Parts: Using Internal Family Systems (IFS) to Heal Traumatic Wounds (1CE)
 - Attachment & IFS: Healing Trauma and Attachment Wounds that Befriend the Body (1CE)
 - Treating Complex PTSD with IFS (1 CE)

Addiction

- 2022
 - Intermediate Motivational Interviewing (8 hours) *To be Completed*
 - Motivational Interviewing in Supervision (12 hours) *To be completed*
 - IFS & Addictive Processes: Healing Wounds and Restoring Balance to the System of Parts (1 hour)

- 2021
 - DBT for Multi-Diagnostic Individuals with Substance Use Disorders (1.5 hours)
- 2020
 - Addictive Behaviors: Excoriation and Trichotillomania Disorders (2 CE's)
- 2018
 - MI Level Up: Advanced Motivational Interviewing Skills in Addictions Therapy (6 hours)
 - ADHD and Addiction (2 hours)
- 2017
 - Treating the Personality in the Addictive Personality: A Neuroplastic Approach (3 hours)
 - Grief, Loss, and Addiction (3 hours)
 - Clinical Evaluation: ASAM Criteria & DSM (8 hours)
 - Problem Gambling Treatment in Oregon (4.5 hours)
 - Co-Occurring Disorders (12 hours)
 - Motivational Interviewing (8 CE credits)
- 2015
 - Addiction Pharmacology (10 CEUs)

Animal Assisted Therapy

- 2020 – Animal-Assisted Therapy: A Practical Model to Incorporate Animals in Your Current Treatment (12.5 CE hours)

Cultural Studies & LGBTQI+

- 2022
 - Healing Racial Trauma with IFS (1 hour) *To be completed*
- 2021
 - Cultural Agility (4.5 hours)
 - Gender and Transgender Identity (3 hours)
 - Transgender & Gender Non-Binary (TGNB) Adult Clients: Culturally Competent Strategies Every Clinician Should Know (6 hours)
- 2020
 - Professional Webinar: The Importance of Gender Informed Care in the Treatment of Eating Disorders (1 CE)
 - Lifting LGBTQIA Voices of Color: Racism Among Gender & Sexual Minorities (1 CE)
 - Hey, White Therapist, Here's Where We Start (1 CE)
- 2019 - Grit & Grace: Multicultural Women's Mental Health Conference (6 hours)
- 2012 – Cross-Cultural Counseling and Art Therapy (2 Credit Hours)
- 2009 - Introduction to Aboriginal Studies (4 Credit Hours)

Clinical Supervision

- 2022

- How Clinical Supervisors Can Adjust Their Evaluative Lens by Understanding the “Zone of Proximal Development (1.5 hours) *To be Completed*
- It’s Complicated: Special Considerations for Supervising Clinicians Treating Eating Disorders (1.5 hours) *To be Completed*
- Motivational Interviewing in Supervision (12 hours) *To be completed*
- Program Development and Quality Assurance in Clinical Supervision (2 hours)
- 2020
 - Clinical Supervision: Skill Building and Empowering Supervisee (2 hours)
- 2018
 - Clinical Supervision, Legal, Ethical, and Risk Management Issues (4 hours)
 - Supervision: A Guide for Mental Health Professionals – Revised (6 hours)
 - Clinical Supervision and Professional Development of the Substance Abuse Counselor (8 hours)
 - Outcomes Based Care Supervision Training (6.25 hours)
- 2017 - Clinical Supervision (30 hours)

Eating Disorders

- 2020 - Professional Webinar: The Importance of Gender Informed Care in the Treatment of Eating Disorders (1 CE)
- 2019 - Orthorexia Nervosa: When Healthy Eating Becomes an Unhealthy Obsession (3 hours)
- 2018 - Unusual Presentations of Adolescent Eating Disorders (1 CE)

Trauma

- 2021- DBT for Trauma: An Overview of Recent Innovations (1.5 hours)
- 2020 - Integrative and Comprehensive Trauma Treatment, 2nd Edition (8 contact hours)
- 2017
 - Experiences of Dissociation within the Clinical Session (3 hours)
 - Breaking Free with Accelerated Resolution Therapy: The New Paradigm for Trauma-Informed Treatment (3 hours)
- 2016 - Trauma & the Body; The Missing Piece of the Narrative