

FORMAL EDUCATION

	<u>Dates</u>
JOHNSON STATE COLLEGE – JOHNSON, VERMONT Master of Arts in Counseling candidate, Mental Health, Substance Abuse, College Counseling 60 credit hours Graduated August 2007	2003-2007
NAZARENE THEOLOGICAL SEMINARY - Kansas City, Missouri Masters of Divinity, Honors Program (magna cum laude) 93 credit hours	1993-1996
MOUNT VERNON NAZARENE COLLEGE - Mount Vernon, Ohio Bachelor of Arts, Communications (cum laude) 120 credit hours	1988-1992

CREDENTIALS

Psychotherapist, State of Vermont roster of non-licensed psychotherapist, 2006-present
Ordained Elder, Church of the Nazarene , 1999-present

TRAINING

Graduate Courses:

- **Pastoral Counseling**, 3.0 cr. Nazarene Theological Seminary, Kansas City, MO. Fall 1994
- **Counseling Theory**, 3.0 cr. Johnson State College, Johnson, VT. Spring 2003
- **Lab Experience I**, 3.0 cr. Johnson State College, Johnson, VT. Spring 2003
- **Career Counseling**, 3.0 cr. Johnson State College, Johnson, VT. Summer 2003
- **Counseling in Groups**, 3.0 cr. Johnson State College, Johnson, VT. Fall 2003
- **Lab Experience II**, 3.0 cr. Johnson State College, Johnson, VT. Spring 2004
- **Counseling Addictive Behaviors**, 3.0 cr. Johnson State College, Johnson, VT. Spring 2004
- **Special Topics in Counseling**, 1.5 cr. Johnson State College, Johnson, VT. Spring 2004
- **Pharmacology for Counselors**, 1.5 cr. Johnson State College, Johnson, VT. Fall 2004
- **Family Counseling**, 3.0 cr. Johnson State College, Johnson, VT. Spring 2005
- **Lifespan Development**, 3.0 cr. Johnson State College, Johnson, VT. Spring 2005
- **Legal and Ethical Issues in Counseling**, 3.0 cr. Johnson State College, Johnson, VT. Summer 2005

- **Social and Cultural Foundations**, 3.0 cr. Johnson State College, Johnson, VT. Summer 2005
- **Research Methods**, 3.0 cr. Johnson State College, Johnson, VT. Fall 2005
- **Psychopathology**, 3.0 cr. Johnson State College, Johnson, VT. Spring 2006
- **Evaluation and Measurement**, 3.0 cr. Johnson State College, Johnson, VT. Spring 2006
- **Internship in Counseling**, 4.5 cr. Johnson State College, Johnson, VT. Fall 2006
- **Internship Seminar**, 1.5 cr. Johnson State College, Johnson, VT. Fall 2006
- **Internship in Counseling**, 4.5 cr. Johnson State College, Johnson, VT. Spring 2007
- **Internship Seminar**, 1.5 cr. Johnson State College, Johnson, VT. Spring 2007

Workshops/Seminars:

September – October, 2004

Siblings Without Rivalry

Carol Olsen

Lamoille Family Center, Morrisville, VT

12 classroom hours

Certificate of Completion

March 4-6, 2005

Love & Intimacy: The Couples Conference

The Milton H. Erickson Foundation, Inc.

Various speakers and topics pertaining to counseling couples

Omni Parker Hotel, Boston, MA

Completed

September 13 – October 18, 2005

How To Talk So Kids Will Listen

Carol Olsen

Lamoille Family Center, Morrisville, VT

12 classroom hours

Certificate of Completion

March 23, 2007

Trauma, Transformative Learning, and Posttraumatic Growth: A Model for Meaning Reconstruction, Healing, and Transformation

Luisa De La Lama and Luis De La Lama

American Counseling Association Annual Convention & Exposition

COBO Convention Center, Detroit, MI

1 Hour
Completed

March 23, 2007

The Interactive Practice Model for Using the DSM-IV-TR in Diagnosing Mental Disorders

Patrick J. McDevitt

American Counseling Association Annual Convention & Exposition

COBO Convention Center, Detroit, MI

1.5 Hours

Completed

March 23, 2007

Use of the Spiritual Genogram in Counselor Training

Rebecca A. Willow, David J. Tobin, Susan L. Toner

American Counseling Association Annual Convention & Exposition

COBO Convention Center, Detroit, MI

1 Hour

Completed

March 24, 2007

Wellness and Relationship Self-Efficacy Among Premarital Heterosexual & Preunion Same-Sex Couples

W. Matthew Shurts and Jane E. Myers

American Counseling Association Annual Convention & Exposition

COBO Convention Center, Detroit, MI

.5 Hours

Completed

March 24, 2007

The Development of Professional Identity Among Entry-Level Students: A Longitudinal Pilot Study

Colleen MacDonald, Kelly L. Wester, Carla Emerson, Karen Hall-Renn

American Counseling Association Annual Convention & Exposition

COBO Convention Center, Detroit, MI

.5 Hours

Completed

March 24, 2007

Mastering the Art of Solution-Focused Counseling

Jeffrey T. Guterman

American Counseling Association Annual Convention & Exposition

COBO Convention Center, Detroit, MI

1 Hour

Completed

EXPERIENCE IN THE PRACTICE OF PSYCHOTHERAPY

Substance Abuse and Mental Health Clinician
Centerpoint Adolescent Treatment Services, South Burlington, VT
Assessment, Individual and Family Counseling, Therapeutic Groups
Part-time November 2007-Present

Student Assistance Professional Counselor
Winooski Schools, Winooski, VT
Individual Assistance, Group Prevention Strategies
Part-time November 2007-Present

Psychotherapist
Azimuth Counseling and Therapeutic Services, Essex, VT
Individual and Family Counseling
Part-time July 2006-Present
Received regular Clinical Supervision

Assisted in facilitating Anger Management Groups
Lamoille County Mental Health, Morrisville, VT
Groups for Elementary and Middle School Boys
Part-time January – May, 2004
Supervised by Jessica Dambach

SCOPE OF PRACTICE

- **Theoretical Orientation:**
Eclectic – Attachment Theory; Existential; Cognitive/Behavioral
- **Area of Specialization:**
Couples and Families; Adolescents and Children; Groups; Relationship Issues; Parenting Issues; Career Counseling
- **Treatment Methods:**
Collaboration with clients to make and meet therapeutic goals; Generalization; Challenging Absolutes; Challenging Dichotomous Thinking; Genograms; Sensate Focus; Functional Emotional Assessment; Motivational Interviewing