

**Vermont Board of Allied Mental Health Practitioners  
Licensed Clinical Mental Health Counselor**

*Updated 6/20/11*

**Disclosure for:**

**Christine L. Wilkens LCMHC  
Qualifications and Experience**

**(See attached pages)**

**Information concerning unprofessional conduct for this profession is attached.**

**CLIENT'S DISCLOSURE CONFIRMATION**

My signature acknowledges that I have been given the professional qualifications and experience of Christine L. Wilkens, a listing of actions that constitutes unprofessional conduct according to Vermont statutes, and for making a consumer inquiry or filing a complaint with the Office of Professional Regulation.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Practitioner's Signature

\_\_\_\_\_  
Date

## **FORMAL EDUCATION**

	<b>Dates</b>
Johnson State College; Johnson, VT Master of Arts in mental Health and Substance Abuse Counseling	1/2003-5/2005
Johnson State College Johnson, VT Degree: Bachelor of Liberal Arts, (120.67 credit hours w/ concentrations in Psychology and education) Suma Cum Laude	1999-2001
CCV; Morrisville, VT	1/1999-5/1999
Gordon College:	9/1975- 2/1976

## **CREDENTIALS**

- ◆ **Licensed Clinical Mental Health Counselor**, valid 11/19/07– 1/31/09 State of Vermont Secretary of State's Office of Professional Regulations
- ◆ **National Board Certified Counselor**, National Board of Certified Counselors, march 2008
- ◆ **Licensed Worker**, The Christian and Missionary Alliance, National Church Ministries, September 2005- current
- ◆ **Senior Life Space Crisis Intervention Trainer**, LSCI Institute, 2004-2010.
- ◆ **Psychotherapist**, State of Vermont roster of non-licensed psychotherapists 05/16/05-11/30/07

## ◆ **PROFESSIONAL ORGANIZATION MEMBERSHIPS**

- ◆ **American Counseling Association**
- ◆ **American Psychological Association**
- ◆ **Association for Spiritual, Ethical, and Religious Values in Counseling**
- ◆ **Vermont Mental Health Counselors Association**
- ◆ **National Association for Addictions Professionals**
- ◆ **Vermont Addictions Professionals Association**
- ◆ **EMDRIA ( Eye Movement Desensitization Reprocessing Integrations Association)**

## **TRAINING**

### **Undergraduate and graduate Courses:**

- ◆ **Psychology of Addictions**, 3.00 Cr. Johnson State College, Johnson , VT. Spring 2000
- ◆ **Developmental Psychology**, 3.00 Cr. Johnson State College, VT, Fall 2000

- ◆ **Personality Theories**, 3.00 Cr. Johnson State College, Johnson, VT. Fall 2000
- ◆ **Physiological Psychology**, 3.00 Cr. Johnson State College, Johnson, VT. Fall 2000
- ◆ **Stress Management and Self Regulation**, 3.00 Cr. Johnson State College, Spring 2001.
- ◆ **Abnormal Psychology**, 3.00 Cr. Johnson State College, Johnson, VT. Spring 2001
- ◆ **Counseling Theories**, 3.00 Cr. Johnson State College, Johnson, VT. Spring 2003
- ◆ **Lab Experience I**, 3.00 Cr. Johnson State College, Johnson, VT. Spring 2003
- ◆ **Counseling of Addictive Behaviors**, 3.00 Cr. Johnson State College, Johnson, VT. Spring 2003
- ◆ **Career Counseling**, 3.00 Cr. Johnson State College, Johnson, VT. Summer 2003
- ◆ **Family Counseling**, 3.00 Cr. Johnson State College, Johnson, VT. Summer 2003  
Carol Kiewit Leinwohl, MS, LCMHC Using Genograms and Family Systems in Family Therapy
- ◆ **Research Methods**, 3.00 Cr. Johnson State College, Johnson, VT. Summer 2003
- ◆ **Death, Dying and Grieving**, 3.00 Cr. Johnson State College, Johnson, VT. Summer 2003
- ◆ **Counseling in Groups**, 3.00 Cr. Johnson State College, Johnson, VT. Fall 2003  
Dr. David Hutchinson- psychological principles and dynamics of group work with children and adults
- ◆ **Developmental Theories and Techniques in Counseling** 3.00 Cr. Johnson State College, Johnson, VT. Fall 2003
- ◆ **Lab Experience II**, 3.00 Cr. Johnson State College, Johnson, VT. Spring 2004
- ◆ **Psychopathology**, 3.00 Cr. Johnson State College, Johnson, VT. Spring 2004
- ◆ **Practicum in Counseling** 3.00 Cr. Johnson State College, Johnson, VT. Spring 2004
- ◆ **Studies in Social and Cultural Foundations in Counseling**, 3.00 Cr. Johnson State College, Johnson, VT. Spring 2004
- ◆ **Legal and Ethical Issues**, 3.00 Cr. Johnson State College, Johnson, VT. Summer 2004
- ◆ **Learning to Listen, Learning to Teach**, 2.00 Cr. Union Institute & University, Montpelier, VT Summer 2004

- ◆ **Pharmacology**, 1.5 Cr. 3.00 Cr. Johnson State College, Johnson, VT. Fall 2004
- ◆ **Special Topical Issues in Counseling**, 1.5 Cr. Johnson State College, Johnson, VT. Fall 2004.
- ◆ **Internship in Counseling**, 9.0 Cr. Johnson State College, Johnson, VT. Fall 2004/ Spring 2005
- ◆ **Internship Seminar**, 3.00 Cr. Johnson State College, Johnson, VT. Fall 2004/ Spring 2005
- ◆ **Evaluation and Measurement**, 3.00 Cr. Johnson State College, Johnson, VT. Spring 2005

### **Workshops Seminars:**

#### **Family and Individual Treatment**

May 17, 2011

*Attachment Disorders: Treatment Considerations: Theoretical Foundations & Clinical Implications*

C. Scott Earsiman, MA, LCMHC, LADC

Capital Plaza Hotel, Montpelier, VT

6.00 contact hours

May 20, 2011

*Spirituality in Clinical Practice: Exploring Advantages and Pitfalls in Addressing Client Spirituality*

Dr. John Peteet, Dana Farber Cancer Institute, Brigham and Women's Hospital

United Counseling Service of Bennington County and the Behavioral Health Network of Vermont

Bennington Center for the Arts, Bennington VT

5.5 contact hours

April 15, 2011

*Borderline Personality Disorder: Effective Treatment with the Impossible Client*

Joseph W. Shannon, PhD

Brattleboro Retreat Office of Continuing Education

Capital Plaza, Montpelier VT

6 contact hours

January 21, 2011

*Understanding and working with Clients with Traumatic Brain Injuries*

Dr. Deborah Black, Barbara Winters, BA, COTA/L, CBOST and Trish Long, LCMHC

VTMHCA Annual Conference

Holiday Inn, South Burlington VT

6. 25 contact hours

September 10, 2010

*Working with Personality Disorders: the Obsessive, the Histrionic and the Borderline*

David Celani, Ph.D.

Essex Inn, Essex Junction VT

6 Contact Hours

July 14, 2010

*Wisdom of the Dream: A Jungian Approach to Dream Interpretation*

Howard Tyas, D. Min., PhD Cross Country Education

Holiday Inn, South Burlington, VT

6 contact hours

June 4, 2010

*Child and Adolescent Self-Injury: practical Assessment and Treatment*

David Kamen, Ph.D., Cross Country Education

Hilton Hotel, Burlington VT

6 Contact hours

May 21, 2010

*Addiction and Trauma*

Scott Earisman, LADC, LCMHC Vermont Department of Health and Vermont Addiction Professionals Association

Capital Plaza Hotel, Montpelier VT

5 Contact hours

December 10, 2010

21<sup>st</sup> Century Ethical issues for the Mental Health Practitioner

Brattleboro Retreat Office of continuing education

Capital Plaza Hotel, Montpelier Vermont

6 contact hours

June 12, 2009

An Exploration of Addiction: With tools for screening, assessment and Brief Interventions

Deb Haskins, M.S., LADC, CCS

Vermont Mental Health Counselors Association

Capital Plaza Montpelier, Vermont

3 contact hours

April 30, 2009

*Advanced Ethics*

Tom Durham, Vermont Department of Health and Vermont Addiction Professionals Association

Capital Plaza Hotel, Montpelier Vermont

6 contact hours

February 20, 2009

*Combat Stress and PTSD: Working with Veterans and Their Families*

Michael Rank, PhD. PESI Workshop

Hilton Hotel

Cherry Street, Burlington, Vermont

6.25 contact hours

October 3- 5, 2008

*EMDR Basic Training Part 2*

Roy Kiessling, LISW, EMDRIA approved consultant

EMDR Institute, Inc

Holiday Inn at the Bay

88 Spring Street, Portland, ME

20 CEU

June 27-29, 2008

*EMDR Basic Training Part 1*

Roy Kiessling, LISW, EMDRIA approved consultant

EMDR Institute, Inc

Holiday Inn at the Bay

88 Spring Street, Portland, ME

20 CEU

June 18, 2008

*Plugged In: Technology, the Internet and Child Safety*

Karen Holtz, RN

Prevent Child Abuse Vermont

Azimuth Counseling, Essex Junction VT

2 contact hours

June 13, 2008

*What to Do When You Are Not Sure What to Do: Process Accountability in Ethical Decision Making*

Laurie Curtis, M.A., CPRP

Vermont Mental Health Counselors Association

Capital Plaza, Montpelier, Vermont

4 contact hours

February 18 and 19, 2008

*Motivational Interviewing*

Win Thompson PhD. & Jody Kamon PhD.

Vermont Addictions Professionals Association

Capital Plaza, Montpelier, Vermont

12 CEU

September 21, 2007

*"When Bad Things Happen to Good Counselors" Ethics Training*

William Cote

Co-sponsored by Vermont Addictions Professionals, Vermont Alcohol and Drug

Certification Board and Vermont Dept. of Health  
Capital Plaza, Montpelier , Vermont  
6 CEU

May 6, 2007  
*Treating Compulsive Sexual Behavior*  
Paul Simpson, Ed.D.  
Cross Country Educations, Holiday Inn, Burlington, Vermont  
6 CEU

May 9, 2007  
*Treatment of Co-Occurring Disorders: A Workshop on Science and Spiritual Experience*  
Anthony R. Quintiliani, Ph.D., LADC Chief Psychologist, The Howard Center, ABHS  
Burlington, VT  
6 CEU

March 24, 2007  
*Beyond Prohibited Dual Relationships with Clients: Considerations and Descision-Making on Potentially Beneficial Interactions*  
Robert Rocco Cottone, University of Missouri-St.Louis, Michael Kocet  
American Counseling Association National Convention, Detroit  
1.5 CEU

March 23, 2007  
*Forgiveness, Reconciliation, and Mechilah: Integrating the Jewish Concept of Forgiveness into Clinical Practice*  
Richard Balkin, Texas A&M University  
American Counseling Association National Convention, Detroit  
1.5 CEU

March 23, 2007  
*Solution Focused Counseling for Clients with religious and Spiritual concerns*  
Jeffrey T. Guterman, Barry University  
American Counseling Association National Convention, Detroit  
1.5 CEU

March 23, 2007  
*Integrating Spirituality and Religion into Counseling: A guide to Competent Practice*  
Craig S. Cashwell, University of North Carolina J. Scott Young, Mississippi University  
American Counseling Association National Convention, Detroit  
1.5 CEU

March 23, 2007  
*Transitioning Baby-boomers into the next Phases of their Lives: the Impact of Spirituality in Their Counseling Experiences*  
Mary Finn Maples,  
Peggy Dupey, University of Nevada, Reno  
American Counseling Association National Convention, Detroit  
1.5 CEU

Nov. 17-18, 2006

***Treating Couples***

Harvard Medical School Department of Continuing Education  
Cambridge Health Alliance Department of Psychiatry  
14 credits

November 13, 2006

***Pornography: Strategies for Helping Clients Manage and Overcome The Addiction***

Presented by: Mark Chamberlain, Ph.D. Clinical Psychology  
Medical Educational Services, Inc.  
Professional Development Network  
6.3 Contact Hours Vermont Mental Health Counselors

February 16, 2006

***Basics of Group Therapy***

Scott Graham, M.S.W., L.A.D.C.  
Presented by: Green Mountain Peer Project and a grant from the Vermont Department of Health, Division of Alcohol and Drug Abuse Programs  
Vermont Technical Center, Randolph, VT  
5.5 CEU Vermont Alcohol and Drug Certification Board/ And Board of Allied Mental Health Practitioners

February 2, 2006

***Developing Cultural Competency in a Changing Vermont***

Presented by: Green Mountain Peer Project and a grant from the Vermont Department of Health, Division of Alcohol and Drug Abuse Programs  
Vermont Technical Center, Randolph, VT  
5.5 CEU Vermont Alcohol and Drug Certification Board/ And Board of Allied Mental Health Practitioners

December 12, 2005

***Ethical and Liability Issues in the Substance Abuse Field***

Vermont Department of Health, Division of Alcohol and Drug Abuse Programs  
Gifford Memorial Hospital, Randolph, VT  
5.5 CEU Vermont Alcohol and Drug Certification Board

April 28 & 29, 2005

***Offering Safe Choices:***

***New England Conference on Integrating Services for Substance Abuse, Domestic Violence, and Mental Health***

Presented by: The Institute for Health and Recovery 349 Broadway, Cambridge MA  
Larry Bennett, Ph. D., Patti Bland, M.A., CCDS,  
Melodie J. Peet, M.P.H  
CEU's awarded for completion of 2 day training (10 S.A. & 10 M.H.)

April 22, 2005

***Narrative Therapy Workshop***

Anne Geroski Ph.D. (guest lecturer)  
Johnson State College, Johnson, VT  
Completed

October 24- 25, 2002

Best Western, Waterbury, VT

***Everything You Wanted to Know About Groups but Were Afraid to Ask***

Vermont Association of Student Assistance Professionals, Ali Gerson, M.S., L.A.D.C.

working with children/adolescents in groups

11 CEU's certified

**Crisis Intervention and Therapy with Children and Adolescents**

June 18-21, 2007

Clarion Conference Center, Hagarstown, MD

***Senior Life Space Crisis Intervention Trainer's Recertification Training***

Dr. Nicholas Long and Dr. Frank Fecser

The Institute of Life Space Crisis Intervention

*Training to teach other adults to apply intervention strategies with children in crisis*

Senior Trainers Certification awarded valid Jun2 2010

June 9-13, 2004

Clarion Conference Center, Hagarstown, MD

***Senior Life Space Crisis Intervention Trainer's Training***

Dr. Nicholas Long and Dr. Frank Fecser

The Institute of Life Space Crisis Intervention

*Training to teach other adults to apply intervention strategies with children in crisis*

Senior Trainers Certification awarded valid June2004-2007

August/ November/ December 2003

LNSU, Hyde Park, VT

***Life Space Crisis Intervention***

No Disposable Kids from Star Commonwealth

Star Commonwealth Rd. Albion, MI

Senior Trainer James Cunningham

Understanding and working with children in crisis

Certificate of Competency/36 training hours

April 2003

Killington Grand Hotel, Killington, VT

***CPI /Nonviolent Crisis Intervention Recertification***

BEST Institute, Instructor Ruth Hamilton, Ph.D.

Strategies to calm crisis situations with children and adolescents

Completed/ Recertified

November 2002

Johnson Elementary School, Johnson, VT

***CPI /Nonviolent Crisis Intervention Training***

BEST Institute, Instructor Ruth Hamilton, Ph.D.

Strategies to calm crisis situations with children and adolescents

Completed/Certified

June 24-28, 2002

Killington Grand Hotel, Killington, VT

***Circles of Support: Students, Families, Schools & Communities Working Together***

BEST Summer Institute, Richard Boltax

How to support students with disruptive behaviors in school settings

Cert. of Completion

March 22, 2002

Burlington, VT

***Explosive Noncompliant Children and Adolescents***

Dr. James M. Bell Training Institute, Dr. Ross Green

Understanding and working with violent explosive children/ adolescents

Certificate of completion

November 15, 2002

Burlington, VT

***Angry and Difficult Children and Adolescents: A New Approach for Promoting Self-Control, Self Discipline, Resiliency, Hope and Motivation***

New England Educational Institute, Robert Brooks Ph.D.

Resiliency strategies for working with difficult clients

Completion of 6 Continuing Education Hours

### **Substance Abuse and Addiction:**

November 13, 2003

Fairlee, Vt

***Trauma and Addicton***

Vermont Department of Health Division of Alcohol and Drug Abuse

Conference, Ray McGarity

The relationship between substance use disorder and trauma

6.5 CEU's

October 22,23 & 24, 2003

Montpelier, VT

***ASAP Fall Conference***

Debby Haskins, MS, LADC

Best practice in prevention, assessment tools, record keeping, legal issues in the substance abuse treatment field

18 CEU's

October 20-22, 2004

***ASAP Fall Conference***

Training on Adolescent Truama

Tom Klaus, M.S.

How to working with youth who have experienced trauma and substance use issues

5 CEU's

June 12, 2009

***An Exploration of Addiction: Wth Tools for Screening, Assessment and Brief Interventions***

Vermont Mental health Counselors Association

Deb Haskins, MS, LACD, CCS

3 contact hours

**Employee support Program Trainings**

August 23, 2007

*Evaluating the Potential for Employee Violence: Protecting Others at work an Elsewhere*  
*Lorman Education Series*

**EXPERIENCE IN THE PRACTICE OF PSYCHOTHERAPY**

**Experience in Psychotherapy/Counseling:**

Azimuth Counseling and Therapeutic Services, Inc.

Pschotherapist, Executive Director

July 2005- present

Mental Health Internship

School Based Clinician/ Student Assistance Counselor (SAP)

Lamoille County Mental Health/ Lamoille North Supervisory Union

August 2004 – April 2005

Part-time

Supervised by Ardith Unger-Arudivitch, M.A., Psychotherapist

Student Assistance Program Counselor

Johnson, Belvidere & Waterville Elementary Schools

January 2003-2005 Full-time

Supervised by Mark Floyd MA, LADC

**SCOPE OF PRACTICE**

◆ Theoretical orientation:

Eclectic- System based solution focused interventions, Cognitive/ Behavioral

◆ Area of specialization:

Family therapy, children and adults in groups and individually, crisis management with children and adolescence, substance abuse

◆ Treatment methods:

Motivational Interviewing/ Benign Confrontation/ Collaboration with clients to assist in making and implementing plans to assist them in meeting their goals/ Collaboration with other healthcare providers and significant people in the client's life to aid in providing support and accountability. Art and Play Therapy is used with children to facilitate the therapeutic process.



**Vermont Secretary of State  
Office of Professional Regulations  
Board of Allied Mental Health Practitioners  
Title 26: Professions and Occupations  
Chapter 65: Clinical Mental Health Counselors**

**§ 3271. Unprofessional conduct**

(a) Unprofessional conduct means the following conduct and conduct set forth in section 129a of Title 3:

- (1) using dishonest or misleading advertising;
- (2) misusing a title in professional activity;
- (3) conduct which evidences unfitness to practice clinical mental health counseling;
- (4) engaging in any sexual conduct with a client, or with the immediate family member of a client, with whom the licensee has had a professional relationship within the previous five years;
- (5) harassing, intimidating, or abusing a client;
- (6) entering into an additional relationship with a client, supervisee, research participant or student that might impair the licensed clinical mental health counselor's objectivity or otherwise interfere with the clinical mental health counselor's professional obligations;
- (7) independently practicing outside or beyond a clinical mental health counselor's area of training, experience or competence without appropriate supervision.

(b) After hearing, and upon a finding of unprofessional conduct, the board may take disciplinary action against a licensed clinical mental health counselor or applicant. (Added 1987, No. 245 (Adj. Sess.), § 1; amended 1993, No. 98, § 17; 1993, No. 222 (Adj. Sess.), § 10; 1997, No. 40, § 57; 1997, No. 145 (Adj. Sess.), § 53; 2007, No. 29, § 45.)

For more information regarding Professional Conduct please see <http://www.ksbsrb.org/regs/masters/102-4-12.htm>