

WHAT I DO

- * Psychotherapy * Clinical Supervision * Clinical and Administrative Consulting * Harm Reduction * Teaching *
- * Program Development * Groups * Beloved Community * Motivational Interviewing * Therapeutic Drumming *

CLINICAL EXPERIENCE

PRIVATE PRACTICE OAKLAND AND SAN FRANCISCO, CA

May 2015 – Present

- Psychotherapist
- * Psychotherapy for individuals, couples, and groups
 - * Clinical supervision, training, and supportive consultation for staff at a variety of social service agencies
 - * Clinical supervision for MFT trainees and interns pursuing licensure
 - * Management of mental health programs including grant writing and funding, program structuring, supervision of staff, reporting to funders

HARM REDUCTION THERAPY CENTER OAKLAND, CA

September 2003 – May 2015

Clinical Supervisor

August 2009 – May 2015

- * Provide individual clinical supervision to pre-licensed staff and consultation to licensed staff
- * Facilitate multiple clinical supervision groups for professional and peer staff at several outside agencies (see below), focusing on group work, individual therapy and drug treatment, and clinical case management.

Program Coordinator &

July 2007 – May 2015

Staff Psychotherapist

- * Provide individual and group therapy and clinical case management to a diverse clientele, with a special focus on integrated dual diagnosis treatment for people with substance use problems.
- * Oversee the activities of five staff who care for 400 clients in two community-based drop-in centers.

Therapist Intern

September 2003 – July 2005

- * Provide individual, group, couples, and child therapy to a diverse clientele, with a special focus on integrated dual diagnosis treatment for people with unresolved substance use problems.

SYSTEMS UNLIMITED INC. CEDAR RAPIDS, IA

September 2005 – March 2007

Family Therapist

- * Provide psychotherapy and parenting training to DHS-referred children and families in Linn and Johnson Counties.
- * Supervise visits between birth parents and children in foster care.

KAISER PERMANENTE HOSPICE DEPARTMENT MARTINEZ, CA

April 2002 – August 2003

- Spiritual Care Intern
- * Provide spiritual care for hospice patients and their families via home visits, telephone support, and/or connecting them with religious/spiritual resources of their choosing.
 - * Assist families with memorial service and funeral planning; lead memorial ceremonies.
 - * Provide spiritual and emotional support to medical staff.

TEACHING & PRESENTATION EXPERIENCE

CITY COLLEGE OF SAN FRANCISCO SAN FRANCISCO, CA

August 2014 – Present

- Faculty
- * Teach courses in Health Education for students in the Community Health Worker (CHW), Drug and Alcohol Studies (now Addiction and Recovery Counseling), and Community Mental Health Certificate Programs.

HOLY NAMES UNIVERSITY OAKLAND, CA

August 2015 – August 2019

- Faculty
- * Teach classes in the Graduate Psychology Program.

CALIFORNIA INSTITUTE OF INTEGRAL STUDIES SAN FRANCISCO, CA

August 2015 – August 2019

- Faculty
- * Teach classes in the Integral Counseling Psychology and The Clinic Without Walls Programs.

HARM REDUCTION THERAPY CENTER OAKLAND, CA

July 2007 – May 2015

- Trainer and Consultant
- * Provide ongoing clinical training and consultation to peer and professional staff at a variety of social service agencies, including:
 - **Homeless Youth Alliance, San Francisco:** Outreach Counselors and Management
 - **Gubbio Project, San Francisco:** Shelter Staff, Volunteers, and Management
 - **Marin County Health and Human Services, San Rafael:** Peer and Professional Mental Health Staff
 - **Shelter Inc., Martinez:** Case Managers in Housing Services, Veterans and AB109 Programs
 - **San Francisco Mental Health Association, San Francisco:** Peer Task Force on Hoarding and Cluttering
 - **Dolores Street Community Services, San Francisco:** CNAs, RNs, Operations Management, Social Worker, and Management at Richard M. Cohen House, a residential facility for people with disabling HIV
 - **Hospitality House, San Francisco:** Peer Advocates and Case Managers at the Tenderloin and Sixth Street Self-Help Centers, and Community Building, Arts and Shelter Programs
 - **Pretrial Diversion and Court-Accountable Case Management, San Francisco:** Group Leaders
 - * Provide one-time trainings and training series for social service and mental health staff at various agencies in the Bay Area and beyond.
 - * Present at conferences, including:
 - American Group Psychotherapy Association – Annual Meeting – May 2015
Workshop: “Making Space for Psychotic Folks: Radical Inclusion in Harm Reduction Groups”
 - Saffron Strand, Inc. – 5th Annual Homeless Workforce Conference – June 2014
Breakout Session: “Trauma-Informed Care: Managing the Intersection of Trauma and Employment with the Homeless and Hard-to-Employ”

Trainer and Consultant
(Continued)

- Northern California Group Psychotherapy Society – Annual Retreat – May 2014
Breakout session: “Harm Reduction Groups: Making Space for Everyone”
- Marin County Workforce Education Training Program
Trauma-Informed Care Conference 2 – October 2013
Presentation: “Trauma Stewardship”
- Harm Reduction Coalition – 9th National Conference – October 2012
Breakout session: “Harm Reduction Groups”
- California Wellness Foundation – TAY Conference – October 2012
Breakout session: “Taking Harm Reduction to the Next Level”
- Texas Behavioral Health Institute – Annual Conference – July 2012
Workshops: “Joining the Dually Diagnosed: Treating Active Drug Users from a Harm Reduction Perspective” and “Trauma and Harm Reduction Psychotherapy”
- Saffron Strand, Inc. – 3rd Annual Homeless Workforce Conference – June 2012
Breakout Session: “Trauma-informed Care”
- National Healthcare for the Homeless – National Conference – June 2010
Pre-Conference Workshop in Advanced Clinical Topics: “Working with People who Commit Acts of Violence”
- American Group Psychotherapy Association – National Conference – February 2009
Workshop: “Making Space for Psychotic Folks: Radical Inclusion in Harm Reduction Groups”
- Harm Reduction Coalition – 4th National Conference – October 2008
Workshop: “Making Space for Everyone: Radical Inclusion in Harm Reduction Groups”
- Harm Reduction Coalition – 2nd National Conference – November 2004
Workshop: “People Under the Thumb: Bringing Harm Reduction into Criminal Justice and Child Welfare”

PUBLICATIONS

“Come as you are: Harm Reduction Therapy in Community Drop-In Centers”

The Praeger Handbook of Community Mental Health Practice, Volume 2, 2013

March 2013

- ✳ Co-authored with Jeannie Little, LCSW, Perri Franskoviak, PhD, Jennifer Plummer, PsyD, & Anna Berg, LCSW

“Come as you are: Harm Reduction Drop-In Groups for Multi-Diagnosed Drug Users”

Journal of Groups in Addiction and Recovery, Volume 3, Numbers 3-4, 2008

January 2009

- ✳ Co-authored with Jeannie Little, LCSW, Anna Berg, MSW, & Kimya Hodari, MA

EDUCATION

JOHN F. KENNEDY UNIVERSITY PLEASANT HILL, CA

September 2004

- ✳ Master of Arts in Counseling Psychology

DREW UNIVERSITY MADISON, NJ

May 1991

- ✳ Bachelor of Arts, Summa Cum Laude with Honors in Music, Minor in Writing

ADDITIONAL TRAINING

MEDICINAL DRUMMING PRAXIS APPRENTICESHIP SAN FRANCISCO, CA

August 2012 –

May 2013

Clinical Training Completed this year-long training program with Sal Nuñez, PhD, on the therapeutic nature of drumming, the application of drumming in culturally diverse community settings, the scientific evidence that supports the efficacy of therapeutic drumming, and additional practices that reinforce the potential of drumming to help and heal (plant medicines, storytelling, songs). The program is funded by the San Francisco Department of Public Health as part of their effort to further integrate culturally congruent practices into city-wide systems of care.

CERTIFIED GROUP PSYCHOTHERAPIST TRAINING SAN FRANCISCO, CA

January 2007 –

January 2009

Clinical Certification Completed all training required to attain certification from the American Group Psychotherapy Association as a Certified Group Psychotherapist (CGP).

SOMATIC EXPERIENCING TRAINING MARIN COUNTY, CA

September 2003 – March 2004

Clinical Training Completed two modules in the first year of training in Peter Levine's somatic therapy for treating trauma.

AIKIDO TRAINING AT EAST BAY AIKIDO OAKLAND, CA

1997 - 2003