

CURRICULUM VITAE

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My Story

I have a broad array of life experiences – personal, professional, cultural, and academic. Having relocated nine times in thirty-six years, I have had unusual opportunities to continue learning, which has been a passion for my whole life.

I have lived in places as different as Paris, France, and San Miguel de Allende, Mexico. In the U. S., I have lived in a variety of cities, from New York City a number of times (as a student, professional, wife, and mother) to the wooded lakeshore of Holland, Michigan (twice). I rounded that out with Grand Rapids, Atlanta, Chicago, Villanova, PA, Green Mountain Falls, and Denver, Colorado.

I have worked as a Middle School Teacher, Basketball Coach, Yearbook and School Newspaper Advisor, worked in Sales, Marketing, Events Planning and Commercial Design for Fortune 500 Companies, directed the Art History Program for Women in Continuing Education in Paris, founded and managed a small Couture Dry Cleaning business in Atlanta, implemented programs for the American Cancer Society at Northwestern Hospital in Chicago, led a task force in Nutrition for the Lower Merion School District in Pennsylvania, hosted exchange students from Ghana, China and Spain, and helped establish a school in Ghana, West Africa.

I went back to school twelve years ago; I wanted to be able to give back in a significant way in the next chapter of my life. After thoughtful self-evaluation, I chose the field of Social Policy, Practice, and Psychotherapy, which has turned out to be both the right choice and a confirming gift for me.

Abbreviated Professional Experience

November 2013- Present Private Practice, Denver, CO

- Focus on Young Adults
- Individuals who Desire Significant Change and/or Revitalization due to Transitions in Life Stages
- Emphasis on Relationship and Couples Counseling

General treatment approach derives from the lens of Family Systems Theory, incorporating:

- Structural Family Therapy
- Narrative Therapy
- Application of Bowen Theory to process intergenerational heritage, patterns and differentiation
- Cognitive Behavioral Therapy (CBT)
- Emotionally Focused Therapy (EFT)
- Application of Attachment Theory to reinforce a healthy relationship between interdependence and independence
- Rogers Client-Centered Therapy
- EMDR Certified (Eye Movement Desensitization Reprocessing)
- Application of Dweck's work on Growth versus Fixed Mindset
- Mindfulness
- Application of Jung's Theory of Psychological Type using Myers-Briggs Type Indicator (MBTI) as assessment and psycho-educational material

September, 2015- Present Denver University, Denver, Colorado

Graduate School of Social Work (GSSW)

Adjunct Professor teaching the Foundations Course in Clinical skills

March, 2017 – Present CereScan Functional Brain Diagnostic Clinic, Littleton, CO

Contract Clinician

CereScan assists physicians by providing clarity in brain diagnostic imaging using quantitative SPECT 3D color images, that indicate precise blood flow measurements in up to 160 regions of the brain. I conduct comprehensive

intake and psychiatric evaluations of patients, and prepare reports for radiologists and patient outcomes. I also work with patients and their families to understand the process and diagnoses.

May 2009 – November 2013 Council for Relationships, Philadelphia, PA

Post-Graduate Certificate Program in
Marriage and Family Therapy
Staff Therapist

Work at the Council focused on young adults and their family networks whose challenges have changed dramatically in the last decade. Issues most addressed were social and academic pressures, understanding the pursuit of autonomy and its relationship to interdependence, finding meaningful work and goodness of fit, finding and managing meaningful personal relationships, clarifying personal identity, concerns and values regarding money, and management of stress, anxiety, depression and addictive thinking.

Council for Relationships was the behavioral mental health provider for the University of Pennsylvania, where the client base included faculty members, graduate students and their families.

May 2009 – November 2013 Building Bridges, Media, PA

Marriage and Family Therapist, Private Practice

A key element of my work was the mentorship by John Brendler, who is nationally and internationally recognized for his expertise in working with families overwhelmed by negative symptoms and caught in destructive patterns.

September 2008 -May 2009 Horizon House, Philadelphia, PA

Outpatient Mental Health Intern
Masters of Social Policy and Practice University of Pennsylvania

Horizon House, located in downtown Philadelphia, addresses the needs of alcohol and addiction, developmental disabilities, and those who are homeless.

My work in mental health outpatient psychotherapy included both individual and group therapy sessions for individuals with psychiatric disabilities and co-occurring drug and alcohol dependency. These individuals were low income who met medical assistance or ability to pay eligibility criteria.

September 2007 – April 2008 Joan Karnell Cancer Center at Pennsylvania Hospital,
Philadelphia, PA

Oncology Unit Intern

Masters of Social Policy and Practice University of Pennsylvania

My work with cancer patients and their families included individual and family psychotherapy sessions, facilitating support groups, advocating and applying for financial assistance and grants to supplement the high cost of copay for chemotherapy treatments, and conducting informational seminars and programs for specific cancer treatments.

Education

Bachelor of Arts
English and Psychology, Honors
Teaching Certificate
University of Northern Colorado,
Greeley, Colorado

Environmental Design
Parsons School of Design,
New York, New York
Honors: Department Project, 1980

Product Management
Wharton School of Business,
Philadelphia, PA

Textile Analysis and Finishing
International Fabricare Institute,
Silver Springs, Maryland

Masters of Social Practice and Policy (MSW)
University of Pennsylvania,
Philadelphia, Pennsylvania
Honors: John Hope Franklin Award, 2009

French
Institut Catholique,
Paris, France

Art History
Women in Continuing Education,
Paris, France

French
Comparative Religion and Islam
Hope College, Holland, Michigan

Spanish Language and Culture
Warren Hardy School,
San Miguel de Allende, Mexico

Post-Graduate Program
Marriage and Family Therapy (MFT)
Council for Relationships,
Philadelphia, Pennsylvania

The Myers & Briggs Foundation
Step III Certified Practitioner

Licenses, Memberships, and Affiliations

Licensed Clinical Social Worker (LCSW)

Post-Graduate Certificate in Marriage and Family Therapy (MFT)

Member of the National Association for Social Workers (NASW)

Member of the American Association for Marriage and Family Therapy (AAMFT)

Board Member for Denver Family Institute

NIA Somatic Movement White Belt