

Laura Christine Strom, PsyD

Doctor of Psychology (PsyD)
MS Counseling, Gerontological Emphasis, Rehabilitation Credential
California Licensed Marriage and Family Therapist ♦ LMFT 49174
California Licensed Professional Clinical Counselor ♦ LPCC 149
Certified Rehabilitation Counselor ♦ CRC 00113822
National Provider ID 1730425653
Mailing: PO Box 353, Monte Rio, CA 95462 ♦ Cell: 707.889.9168
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Curriculum Vitae



Qualifications

Specialized training in treating adults and children with posttraumatic stress disorder, brain injury, disabilities and accommodation recommendations for home, school and work settings, rehabilitation counseling, issues of deaf, late deafened and hard-of-hearing persons, hidden disabilities, autoimmune disorders, recovery from large scale wildfire disaster, case/care management, Jungian sandplay therapy, human sexuality and gender identity, instruments, research, and play therapy with children.

Education

Doctor of Psychology (PsyD), CalSouthern.edu, magna cum laude Dissertation: <i>Adapting Stanford Cue-Centered Therapy for Treatment of Young Children.</i>	Aug. 2019
Master of Science degree, Counseling/Gerontological Emphasis, San Francisco State University, Dean's List, GPA 3.97	May 2007
Bachelor of Arts degree, Psychology, minor in Counseling, SFSU San Francisco State University, cum laude	May 2005

Certifications/Licenses

Certified Integrative Mental Health Professional 821696	May 2024
National Provider Identification (NPI) # 1730425653	Dec. 2012
Certified Rehabilitation Counselor (CRC 00113822)	Nov. 2012
Licensed Professional Clinical Counselor (LPCC 149)	Sept. 2012
Licensed Marriage and Family Therapist (LMFT 49174)	Oct. 2010
PPS Credential Program, SFSU School Counseling Dept, All hours earned towards Pupil Personnel School Credential	May 2009
Deafness, Hard-of-Hearing Counseling Credential Program, SFSU	May 2009
Rehabilitation Counseling Credential Program (CRC), SFSU	May 2009
Nationally Certified Suicidologist, 60 hour training	Dec. 2004

Employment

Certified Rehabilitation Counselor, CRC 00113822	11/2012 – present
Licensed Professional Clinical Counselor, LPCC 149	09/2012 – present
Licensed Marriage and Family Therapist, LMFT 49174	10/2010 – present

Specializations include short term trauma therapy (Stanford Cue-Centered Therapy), disability and accommodation recommendations with a specialty in brain injury, deafened or hard-of-hearing persons, and chronic illness/pain/hidden disabilities. Jungian Sandplay Therapy, Eye Movement Desensitization and Reprocessing Therapy (EMDR). Office location: 3442 Mendocino Ave., Suite A, Bldg. E., Santa Rosa, CA 95403. Currently working via videotherapy only. Phone: 707.889.9168.

- Lecturer, San Francisco State University, Counseling Department 8/2017—2/2019
San Francisco State University
Master of Science Counseling Program
Primary duties include teaching second year students internship/practicum, family therapy, and culminating experience projects (master's thesis). Part-time position, two classes/semester.
- Clinical Research Coordinator (Child Trauma Therapist) 4/2009 – 11/2011
Stanford Early Life Stress Research Program
Department of Psychiatry and Behavioral Sciences
Division of Child & Adolescent Psychiatry
Primary duties include conducting therapy for children with posttraumatic symptoms per research protocol, psycho-education of traumatized children and their families under a 3 year grant program. Also see internship. 20 hr/week position.
- MSSP Supervising Care Manager 12/2009 – 11/2010
Rehabilitation Services of Northern California
Multipurpose Senior Services Program (MSSP) – Contra Costa County, CA
Primary duties included clinical/rehab supervision of a care team of 4 social work care managers, and 3 public health nurses serving 180 clients in Contra Costa County, CA.
40 hour/week position.
- Care Manager 11/2007 – 3/2010
Masonic Outreach Services, Masonic Home for Adults
Duties included case management and counseling for older adults and families. Issues of late deafened and hard-of-hearing adults, mobility, communication, cognitive deficits, grief and loss, family counseling, end-of-life. 40 hour/week position.
- Researcher/Counselor, Living After Loss, SFSU Research Project, Summer 2007
- Chief Financial Officer/Partner, Heirloom Engravers, San Carlos, CA 2/1985-8/2003
- District Traveling Manager, Things Remembered, (TX & CA) 1984-1985
- Store Manager, Things Remembered, various locations (TX & CA) 1983-1985

Awards and Recognitions

- “*RECAMFT Laura C. Strom Outstanding Board Member Award*”, June 2023,
 Redwood Empire California Association of Marriage and Family Therapists
 (RECAMFT.org) named an annual award in my honor.
<https://www.recamft.org/Board-Award/>
- “*CAMFT 2019 Outstanding Chapter Leader, Redwood Empire Chapter*”, Feb. 2019,
 California Association of Marriage and Family Therapists, Chapter Leadership
 Conference, Hilton Hotel, Anaheim, CA.
- “*CAMFT 2014 Outstanding Chapter Leader, Redwood Empire Chapter*”, March 2014,
 California Association of Marriage and Family Therapists, Chapter Leadership
 Conference, Dolce Hayes Mansion, San Jose, CA.
- “*The Graduate Distinguished Achievement Award*”, May 2007, given to the top three
 graduates of each department based on faculty nomination, reviews, history and
 academic achievement. Highest and most prestigious award given to SFSU graduate
 students. Approximately 80 awards given out of 7000 grad students.

- “The Peggy H. Smith Scholarship – Top Second Year Intern – Outstanding Work at a Field Placement and Outstanding Academic Achievement” Award, May 2007. Given to the top four students in the SFSU Counseling Department.
- “The Virginia Lee Block Scholarship – Top First Year Intern – Outstanding Work at a Field Placement and Outstanding Academic Achievement” Award, May 2006. Given to the top four students in the SFSU Counseling Department.
- “Outstanding Girl Scout Leader of the Year” Award, May 1999, Coastside Division, for leading encampments of 100 people, three years in a row, and partnering with Hispanic/Latina Spanish-speaking troops.
- “The Best of the Best” Award, May 1983, given to the top 8% of Things Remembered store managers for 39% sales growth over the previous year’s sales.

Counseling Internships

- Hearing & Speech Center of Northern CA, San Francisco, CA* 8/2006-5/2007
Deaf, deafened, hard-of-hearing clients. Issues addressed: loss, vocation, isolation, depression, rehabilitation, hearing screening, co-occurring disorders, personality disorders, suicidal ideation, transgenderism, LGBT issues. Interventions used: individual therapy, technology assessments and recommendations, case management networking.
- Stanford PTSD Cue-Centered Therapist, Stanford, CA* 12/2005-6/2007
Innovative 15-17 session intervention of cognitive behavioral therapy and narrative therapy for adolescents and their families who have suffered trauma, and have posttraumatic stress disorder (PTSD) symptoms, pilot study in Visitacion Valley Middle School.
- Visitacion Valley Middle School, San Francisco, CA* 8/2005-6/2007
Adolescents and families. Issues addressed: Adolescents with posttraumatic stress disorder, anxiety, bereavement, eating disorders, suicidality, enuresis, mutism, acute trauma. Interventions used: individual play/talk therapy, family therapy, groups for learning disabled and emotionally disturbed children, groups including girl empowerment, social skills building, anger management, self esteem building, sharing, art therapy, crafts, focuses have included vocation, diversity, violence prevention, drug use, gangs, HIV/STD prevention, sex education, women’s issues and pregnancy.
- Hospice Bereavement Counselor, Sutter VNA & Hospice, San Mateo, CA* 6/2005-5/2007
Bereaved adults and families. Issues addressed: bereavement, depression, loss of housing, substance abuse and recovery. Interventions used: individual therapy, groups including daughters who have lost their mothers; trained as patient care volunteer.
- Coastside Adult Day Health Center, Half Moon Bay, CA* 9/2006-5/2007
Seniors and their families. Issues addressed: substance abuse, end of life, loss, recovery. Interventions used: groups including sharing, life review, art therapy, Alzheimer’s tactile stimulation.
- Suicidology Crisis Counselor, SF Suicide Prevention* 11/2004-2/2006
Telephone counseling with suicidal or severely mentally ill persons; crisis intervention, networking with local service agencies.
- Human Sexuality Counselor/Teaching Assistant, SFSU Biology Dpt./EROS* 8/2004-6/2005
Teaching all aspects of human sexuality with an emphasis on safety and diversity. Special interests/research: needs of GLBT youth and “Two-Spirit (transgender)” counseling.

Languages

- Conversational Spanish, including reading and writing
Basic Russian, including reading and writing
Basic American Sign Language (ASL)

Memberships and professional organizations

American Psychological Association, affiliate member (99884366), 2018-present
 Advisory Board Member, The School of Psychology, Kathmandu, Nepal, 2016-present
 American Red Cross Volunteer, Northern California Coastal Region, CA Northwest, 2016-2019
 California Association of Marriage and Family Therapists (CAMFT), 2005-07, 2010 to present.
 Past President, 2016-2017
 President, 2015-2016
 President-Elect, 2014-2015
 CAMFT Committee Service
 Annual Conference & Continuing Education Planning Committee Chair
 2017 Conference, 2015-2016, 2016-2017
 Executive Committee, 2014-2015, 2015-2016, 2016-2017
 Chapter Advisory Council, Board Liaison, 2014-2015
 Nominating Committee Chair, 2016-2017
 Political Action Committee, 2014-2015, 2015-2016, 2016-2017
 Strategic Planning Committee, 2015-2016, 2016-2017
 CAMFT Educational Foundation Board of Directors
 Chair, 2016-2017
 Vice-Chair, 2015-2016
 Member, 2014-2015
 CalSouthern Student Advisory Council, Executive Committee Member, 2017-2019
 Learner Chair, 2017-2019 (inaugural position)
 Redwood Empire California Association of Marriage and Family Therapists (RECAMFT)
 RECAMFT was the 2018 Chapter Excellence Award Winner for Community Outreach
 RECAMFT was the 2014 Chapter Excellence Award Winner (top chapter of CAMFT)
 Secretary—2024
 Past President—2015, 2023
 President—2014, 2021, 2022
 Disaster Response Team Member, 2016—present
 Secretary—2017—2020
 Technology and Communications Committee Chair—2015—present
 Member—November 2012 to present
 Board of Directors, California Communications Access Foundation (CCAF), which over sees all Deaf/Disabled communications in the state of California including the California Telephone Access Program (CTAP) and the Deaf/Disabled Telecommunications Network.
 CCAF Board of Directors Member 2009 to May 2013
 CCAF Board of Directors Secretary 2011-2013
 CCAF Compensation Committee Chair 2011-2013
 Registered Marriage and Family Therapy Intern, IMF 54476
 California Board of Behavioral Sciences, August 2007 to October 2010.
 American Counseling Association (ACA), 2007 to present.
 Chi Sigma Iota, Counseling Academic and Professional Honor Society, 2007
 Theta Chi Honor Society, CSI Chapter, San Francisco State University, 2007
 Psi Chi Honor Society, National Psychology Honor Society,
 Vice-President, SFSU Chapter 2004-2005
 Girl Scouts of America, 1993-2006

Research interests

Posttraumatic stress disorder (PTSD) treatment, trauma treatment of young children, traumatic brain injury (TBI), ACE study, treatment for deafened and hard-of-hearing persons, rehabilitation counseling, hidden disabilities, play therapy, experiences of transgender people, disaster recovery.

Counselor outreach publications

During my 2015-16 presidency of the California Association of Marriage and Family Therapists (CAMFT.org), an organization of 38K MFT members (LMFTs, AMFTs, LCSWs, some psychologists and psychiatrists) I was responsible for six President's Messages. I have been the president of the Redwood Empire CAMFT Chapter (RECAMFT.org) during 2014, 2021 and 2022. As RECAMFT president I was responsible to write ten President's Messages each year. Below are a few of my favorites, along with other articles I have written for counselors.

- Strom, L. (2024). "Movie Review: 'Origin' by Ava DuVernay based on the book *Caste: The Origins of our Discontents* by Isabel Wilkerson". *The Redwood Empire Therapist* – Feb. 2024: Santa Rosa, CA.
- Strom, L. (2022). "Can a condition which can be cured by surgery be a mental disorder?" (President's Message). *The Redwood Empire Therapist* – Dec. 2022: Santa Rosa, CA.
- Strom, L. (2022). "How the Justice Project is Changing Me" (President's Message). *The Redwood Empire Therapist* – May 2022: Santa Rosa, CA.
- Strom, L. (2022). "My Journey Towards Embracing Antiracism" (President's Message). *The Redwood Empire Therapist* – Feb. 2022: Santa Rosa, CA.
- Strom, L. (2021). "Sorrow and Hope" (President's Message). *The Redwood Empire Therapist* – Feb. 2021: Santa Rosa, CA.
- Strom, L. (2019). "Book review: *The Deepest Well: Healing the Long-term Effects of Childhood Adversity*". *The Therapist: Magazine of the California Association of Marriage and Family Therapists* – January/February 2019: San Diego, CA.
- Strom, L. & Van Leeuwen, D. (2017). "Redwood Empire CAMFT holds a sacred space for community affected by the Northern California fires". *The Therapist: Magazine of the California Association of Marriage and Family Therapists* – November/December 2017: San Diego, CA.
- Strom, L. (2017). "Book review: Cue-centered therapy for youth experiencing posttraumatic symptoms". *The Therapist: Magazine of the California Association of Marriage and Family Therapists* – March/April 2017: San Diego, CA.
- Strom, L. (2016). "The ACE in the Chalice" (President's Message). *The Therapist: Magazine of the California Association of Marriage and Family Therapists* – March/April 2016: San Diego, CA.
- Strom, L. (2016). "LMFTs: Determined to Succeed" (President's Message). *The Therapist: Magazine of the California Association of Marriage and Family Therapists* – January/February 2016: San Diego, CA.
- Strom, L. (2015). "LMFTs Answering the Call" (President's Message). *The Therapist: Magazine of the California Association of Marriage and Family Therapists* – November/December 2015: San Diego, CA.
- Strom, L. & Van Buuren, G. (2015). "CAMFT Members Respond to Valley Fire Challenges". *The Therapist: Magazine of the California Association of Marriage and Family Therapists* – November/December 2015: San Diego, CA.

- Strom, L. (2015). "LMFTs: Champions of Change" (President's Message). *The Therapist: Magazine of the California Association of Marriage and Family Therapists – September/October 2015*: San Diego, CA.
- Strom, L. (2015). "President's Message: Moving Mountains". *The Therapist: Magazine of the California Association of Marriage and Family Therapists – July/August 2015*: San Diego, CA.

Publications

- Strom, L. (2016). "Situational/stress-related symptoms or serious depression: What's the difference?" *NAMI Advocate*, Fall 2016. Arlington, VA: NAMI.org.
- Strom, L. (2013). "An ACE up your sleeve: The surprising story behind adult illness and disability—implications for parents". *Healdsburg Patch*: Healdsburg, CA.
- Strom, L. (2013). "Trauma treatment planning for clinicians". *TherapistAid.com*: Jacksonville, FL.
- Strom, L. (2013). "Accessible sandplay". *Jungian Sandplay Therapy Almanac (Альманах Юнгианская Песочная Терапия)*: Moscow Association for Analytical Psychology: Moscow, Russia.
- Strom, L. (2012). "Tips to help children cope with traumatic events". *Healdsburg Patch*: Healdsburg, CA.
- Strom, L. (2012). "The healer with the soft brown eyes: Coping with traumatic grief". *Healdsburg Patch*: Healdsburg, CA.
- Nelson, L. & Strom, L. (2012). "Hospice teams up with horses". *Strides - PATH International*: Denver, CO.
- Strom, L. (2011). "Hillary Adams: A brand spanking new poster child". *Half Moon Bay Patch*: Half Moon Bay, CA.
- Strom, L. (2011). "Redefining crazy". *Half Moon Bay Patch*: Half Moon Bay, CA.
- Strom, L. (2011). "Dangerous communication". *Half Moon Bay Patch*: Half Moon Bay, CA.
- Strom, L. (2011). "The most delicious cookies in the whole world: A story of domestic violence". *Half Moon Bay Patch*: Half Moon Bay, CA.
- Strom, L. (2011). "You're talented, but you can't do that". *Half Moon Bay Patch*: Half Moon Bay, CA.
- Strom, L. (2011). "Animals as healers". *Half Moon Bay Patch*: Half Moon Bay, CA.
- Strom, L. (2011). "Kitchen table healing: Helping children deal with trauma". *Half Moon Bay Patch*: Half Moon Bay, CA.
- Strom, L. (2011). "Dementia is a two-headed snake". *Half Moon Bay Patch*: Half Moon Bay, CA.
- Strom, L. (2011). "Dancing despite disabilities". *Half Moon Bay Patch*: Half Moon Bay, CA.
- Strom, L. (2011). "Three tips everybody should know to reduce anxiety and stress". *Half Moon Bay Patch*: Half Moon Bay, CA.
- Strom, L. & Wilson, J. (2009). "Horses as healers: Equine facilitated therapy for grieving children". *Vistas ACA Online Journal*: Alexandria, VA.
- Chope, R. & Strom, L. (2007). "Critical considerations in career and employment counseling with transgender clients". *Vistas ACA Journal*: Alexandria, VA.
- Strom, L. (2004). "Childbirth Resources" in Auleb, A. (Ed) *Human Sexuality 2004 Lecture Guide and Workbook*, Eden Programs: San Francisco, CA.
- Strom, L. (1999). "Camp Butano Nature Seek & Find: A Booklet of Fun Activities for Girl Scouts", *SF Bay Area Girl Scouts*, Oakland, CA. Adopted as curriculum for GSA Camp Butano.

Professional presentations

- Strom, L. (2018). *"Introduction to Stanford cue-centered therapy – a short-term, evidence-based trauma treatment"*. Sacramento Valley Chapter California Association of Marriage and Family Therapists. November 2, 2018. Rancho Cordova, CA.
- Strom, L. (2018). *"Brain injury and homelessness"*. San Francisco Shelters Access and Resource Team (SF-START). May 23, 2018. San Francisco, CA.
- Strom, L. (2018). *"Clinicians as sleuths: Uncovering hidden brain injury (BI) in our patient/clients, and latest research findings on how to help"*. Redwood Empire California Association of Marriage and Family Therapists. January 5, 2018. Santa Rosa, CA.
- Strom, L. (2017). *"Short-term effective youth trauma treatment"*. SOS Community Counseling. September 29, 2017. Santa Rosa, CA.
- Strom, L. (2016). *"Short-term effective youth trauma treatment"*. Sonoma County Office of Education. April 22, 2016. Santa Rosa, CA.
- Strom, L. (2016). *"Short-term effective youth trauma treatment"*. San Francisco State University 5th Annual Counseling Symposium. April 2, 2016. San Francisco, CA.
- Strom, L. (2015). *"Effective trauma treatment"*. Inland Empire California Association of Marriage and Family Therapists. January 30, 2015. Redlands, CA.
- Strom, L. (2014). *"Short-term effective youth trauma treatment"*. Sacramento Valley California Association of Marriage and Family Therapists. September 19, 2014. Sacramento, CA.
- Strom, L. (2014). *"Posttraumatic and anxiety symptom relief in trauma survivors: Strategies that work"*. Brain Injury Association, Annual Conference. March 20, 2014, Timonium, MD.
- Strom, L. (2013). *"Effective treatment strategies for traumatized youth: A five-hour workshop"*. Eastern Illinois University, Keynote speaker, 34th Annual Spring Conference. February 22, 2013. Charleston, IL.
- Strom, L. (2013). *"Effective trauma treatment"*. Redwood Empire California Association of Marriage and Family Therapists, December 13, 2013.
- Doherty, C., Orozco, G. & Strom, L. (2013). *"Retrospective research of the transgender experience during adolescence: Implications for school counselors"*. National Transgender Health Summit, May 17, 2013, Oakland, CA.
- Strom, L. (2012). *"Treating children with posttraumatic stress disorder in a school based setting: An introduction to Stanford Cue Centered Treatment"*. Presented at the national American Counseling Association Convention, San Francisco, CA.
- Strom, L. (2011). *"Treating children with posttraumatic stress disorder in a school based setting"*. Presented at the national American Counseling Association Convention, New Orleans, LA.
- Strom, L. (2009). *"Horses as healers: Equine facilitated therapy for grieving children"*. Presented at the National American Counseling Association Convention, Charlotte, NC.
- Bidell, M., Orozco, G. & Strom, L. (2009). *"Transgender experience during adolescence: Retrospective survey research for school counselors"*. Presented at the National American Counseling Association Convention, Charlotte, NC.
- Chope, R. & Strom, L. (2008). *"Critical considerations in career and employment counseling with transgender clients"*. Presented at the National American Counseling Association Convention, Honolulu, HI.
- Strom, L. (2007). *"Two Spirit Counseling"*. Presented at California Counseling Association State Convention. Burlingame, CA.
- Strom, L. (2007). *"Transgender Experience"*. Presented at CSU Student Research Competition, San Francisco, CA.
- Strom, L. (2006). *"Two Spirit Elders: Transgendered Aging in the San Francisco Bay Area"*. Presented at The Graduate Showcase, San Francisco State University. San Francisco, CA.

Workshops

- Strom, L. (2013). “*How to effectively market your private practice on a shoestring budget*”. April 13, 2013 for the San Francisco Psychological Association. San Francisco, CA.
- Strom, L. (2013). “*Effective treatment for traumatized youth: A five hour workshop*”. Feb. 22, 2013 at Eastern Illinois University for counseling students, staff and alumni. Charleston, IL.
- Halliday, C. & Strom, L. (2013). “*Santa Rosa Women’s Transition Sharing Group*”. Six Tuesdays beginning Jan. 22, 2013. Santa Rosa, CA.
- Strom, L. (2013). “*How to effectively market your private practice on a shoestring budget*”. Presented Jan. 12, 2013 for the Redwood Empire California Association of Marriage and Family Therapists. Santa Rosa, CA.
- Strom, L. (2012). “*How to effectively market your private practice on a shoestring budget*”. Presented May 11, 2012 for members of the Santa Clara Psychological Association. Palo Alto, CA.

Media mentions

- Beausang, H., Espinoza, M. & Covner, G. (2018). “Smoke from Camp fire in Butte County pours into Sonoma County.” *Press Democrat*, November 8, 2018. Retrieved from <https://www.pressdemocrat.com/news/8930301-181/smoke-from-camp-fire>
- Healthcare Foundation of Northern Sonoma County. (2018). “Rebuilding hope, Wildfire Mental Health Collaborative Sonoma County” (video). <https://youtu.be/ulC9wVJcYXM>
- Espinoza, M. (2018). “Mental health collaborative tackles fire-related trauma in Sonoma County” *Press Democrat*. March 4, 2018.
- Krikorian, M. (2018). “What you missed”. *The Redwood Empire Therapist – Feb. 2018*: Santa Rosa, CA.
- Casanova, R. (2017). “President’s message”. *The Therapist: Magazine of the California Association of Marriage and Family Therapists – November/December 2017*: San Diego, CA.
- Carrión, V. (2015). *Cue-Centered Therapy for Youth Experiencing Posttraumatic Symptoms: A Multimodal Approach*. Cary, NC: Oxford University Press.
- Espinoza, M. (2015). “People displaced by Valley fire in painful limbo” *Press Democrat*. September 17, 2015.
- California Association of Marriage and Family Therapists (2015). *California Association of Marriage and Family Therapists issues statement in full support of Supreme Court ruling on same-sex marriage* [Press release]. Retrieved from <http://www.prnewswire.com/news-releases/california-association-of-marriage-and-family-therapists-issues-statement-in-full-support-of-supreme-court-ruling-on-same-sex-marriage-300105548.html>
- Carrión, V., Kletter, H., Weems, C., Berry, R., and Rettger, J. (2013). “Cue-Centered Treatment for youth exposed to interpersonal violence: A randomized controlled trial”. *Journal of Traumatic Stress*. International Society for Traumatic Stress Studies: Deerfield, IL.
- Tucker, J. (2007). “Children who survive urban warfare suffer from PTSD, too”. *San Francisco Chronicle*. August 26, 2007.

Personal interests/hobbies

- Graphic design and marketing consultation
 “Black Belt Degree” in Japanese style Karate, 1995
 Writing a book about the ACE Study

Advanced training

Sandplay / play therapy / work with children

Jungian Sandplay Therapy, 68 hour training course*	Aug. 2011
Advanced Jungian Sandplay Therapy, 70 hour training course	Mar. 2012
*Includes work with children and adults. Meets the 36 hour requirement for Sandplay Practitioner Certification.	
Play Therapy: Assessing and Developing Executive Functions, RECAMFT, (1.5 hrs)	May 2014
Sandtray: Playing to Heal, Recover and Grow, R. Rae, (10 hrs)	Sept. 2014
Mandala: Myth and Meaning in Sandplay with Audrey Punnett, CAMFT, (3 hrs)	May 2015
Focusing and the Expressive Arts: With Laury Rappaport, PhD, LMFT RECAMFT, (1.5 hrs)	Feb. 2016
Introduction to Play Therapy: Discovering the Power of Play with Susan Kelsey, LMFT, RPT-S, APT (6 hrs)	Mar. 2016
Neurobiology of Play in Attachment and Neurosensory Play Therapy in the Treatment of Childhood Trauma, Ken Schwartzenberger, LCSW CalAPT, (6.0 hrs)	June 2016
Attachment Trauma and Neural-Development: Supporting and Healing Primary Relationships with Jennifer Silverstein, LCSW, RECAMFT (1.5 hrs)	Sept. 2016
Re-Parenting for Resiliency: A Neurodevelopmentally Informed Parenting Approach to Understanding and Healing Dysregulation with Robbyn Peters Bennett, MA and George Davis, MD, CAMFT, (3.0 hrs)	May 2017
Recognizing Pediatric PTSD and Learning a New Approach: Cue-Centered Therapy with Victor Carrion, MD, CAMFT (5.0 hrs)	May 2017
Spanking is Hitting with Elizabeth Gershoff, CAMFT (1.0 hrs)	May 2017
Intensive Filial Therapy Training with Karen Pernet, LCSW Family Enhancement and Play Therapy Center, (27 hrs)	June 2017
Mohawks, Swearing and YouTube, Jacob Towery, MD, CAMFT (1 hr)	Apr. 2019
Play Therapy Through Telehealth with Paula Shuer, LMFT, RPT, SCV-CAMFT, (1.5 hrs)	Sept. 2020
No Shortcuts: Gen-Z and the Hero's Journey with Teresa Bertocin, LMFT, LPCC, RECAMFT, (2 CEs)	May 2024

Trauma

Complicated Pain: Understanding and Working with Pain Complicated By Mood, Trauma or Addiction with Jerome Lerner, MD CAMFT (2.0 hrs)	May 2016
Dr. Bessel A. van der Kolk's Intensive Trauma Treatment Course PESI (18.0 hrs)	May 2016
Neurobiology and Neuropsychological Aspects of Trauma: Understanding Trauma and Treatment Issues with Rick Olcese, PsyD SCV-CAMFT (6.0 hrs)	July 2016
The Lifelong Effect of Adverse Childhood Experiences—ACE Study with Vincent Felitti, MD, CAMFT (2.0 hrs)	May 2017
The Wild Edge of Sorrow: Working with Grief and Loss in our Everyday Lives with Francis Weller, LMFT, RECAMFT, (6 hrs)	Oct. 2017

The Deepest Well: Healing the Effects of Childhood Adversity in Sonoma County with Mary Kelly Persyn, PhD, JD, RECAMFT, (1.5 hrs)	Mar. 2018
Where Mind-Body Medicine Meets Mental Health, with Joan Borysenko, PhD, CAMFT (6 hrs)	Apr. 2019
Suicide Prevention, Assessment, and Intervention: New Research, New Approaches with Ben Caldwell, PsyD, LMFT, RECAMF (6 hrs)	Sept. 2019
Brainspotting: Phase 1 with Lisa Larson, LMFT, Cassidy (21 hrs)	Jan. 2020
Psychedelic-Assisted Psychotherapy-The New Frontier: A Highly Effective Treatment for Depression, Anxiety, PTSD, Suicidality, and End-of-Life Existential Angst with Christina Ingenito, LCSW and Jim Matto-Shepard, PhD, RECAMFT (1.5 hrs)	Mar. 2020
Brainspotting: Trauma Therapy That Works! with Lisa Larson, LMFT, (3 hrs), RECAMFT	Jan. 2021
The Safe and Effective Use of Opioids with Eric Bornstein, DMD (3 hrs), INR	Nov. 2021
An Apprenticeship with Sorrow with Francis Weller, LMFT (6 hrs), RECAMFT	Mar. 2022
Treatment Resistant Depression and Psychosis: A Biopsychosocial Perspective with Anish Shah, MD, (3 hrs), RECAMFT	Apr. 2023
Beyond BPD: Integrating DBT Skills into Comprehensive Psychotherapy Across Ages and Settings with Danah Williams, LMFT, (2 hrs), RECAMFT	Feb. 2024
Foundational Safe and Sound Protocol (SSP) Training (developed by Stephen Porges, PhD et al. for vagal nerve regulation), Unyte-iLs, (6.5 hrs)	Mar. 2024

Brain Injury / Recovery

Traumatic Brain Injury (TBI), Quantum Units Education, (2 hrs)	Jan. 2014
The Journey from Mild TBI and Sports Concussion to Chronic Traumatic Encephalopathy, BIAM (1.5 hrs, CRC)	Mar. 2014
Maybe It's Not Just the TBI: Assessment and Treatment of Non-TBI Factors, BIAM, (1 hr, CRC)	Mar. 2014
Calming the Storm: Mindfulness in the Treatment of Mild Traumatic Brain Injury, BIAM (1 hr, CRC)	Mar. 2014
Health, Wealth, and Love: Reflections from a Lifetime of Goalkeeping (by Brianna Scurry), BIAM, (1.5 hrs, CRC)	Mar. 2014
Vestibular Physical Therapy, BIAM, (1 hr, CRC)	Mar. 2014
Leading the Charge: Current Advances in TBI Care from The Department of Defense, BIAM, (1 hr, CRC)	Mar. 2014
When the Doctor Becomes the Patient: A Rehab Physician/Spouse Share their Story, BIAM, (1 hr, CRC)	Mar. 2014
Caregivers Bouncing Forward and Improving Outcomes, BIAM, (1 hr, CRC)	Mar. 2014
Traumatic Brain Injury, Career Smart, (5 hrs, CRC, BBS)	Sept. 2014
Positive Neuroplasticity with Rick Hanson, CAMFT, (2 hrs)	May 2015
Neuropsychological Treatment of Trauma: Minor Brain Injury and Posttraumatic Stress Disorder with Rick Olcese, PsyD RECAMFT, (1.5 hrs)	June 2015
A Day with Rick Hanson: HEAL—Understanding and Learning to use Simple Steps to Create Lasting Happiness, RECAMFT, (6 hrs)	Oct. 2015

Adapting and Coping: Acquired Brain Injury I, with Dr. Richard Olcese, PsyD, 16 week class, 1.5 hrs/week, Oct 2016—Feb. 2017	Feb. 2017
Brain Trauma, Concussion and Dementia with Nikita Katz, MD INR, (6.0 hrs)	May 2017
Adapting and Coping: Acquired Brain Injury II, with Dr. Richard Olcese, PsyD, 16 week class, 1.5 hrs/week, Feb. 2017—June 2017	June 2017
Trauma and the Neuroendocrine Cascade with Richard Olcese, PsyD (3 hrs), RECAMFT	Nov. 2021
Traumatic Brain Injury (TBI) & Concussion with RS Hullon, MD, JD, (6 hrs), INR	Feb. 2024

Transgender / Gender Expansive

2013 National Transgender Health Summit, Center of Excellence for Transgender Health, (11.5 hrs)	May 2013
Caring for Gender Non-Conforming Children and Teens in the New Millennium with Johanna Olson, MD and Aydin Kennedy-Olson, MSW CAMFT (3.0 hrs)	May 2016
Affirmative Therapy with Trans/Gender Expansive Clients with Melle Browning, LMFT RECAMFT (2.0 hrs)	Dec. 2022

EMDR

Eye Movement Desensitization and Reprocessing (EMDR) Therapy Part 1, EC Hurley, HAP Training, (20 hrs)	Sept. 2014
Eye Movement Desensitization and Reprocessing (EMDR) Therapy Part 2, EC Hurley, HAP Training, (20 hrs)	Jan. 2015
Eye Movement Desensitization and Reprocessing (EMDR) Therapy Consultation, Robert Benavides, EdD, (10 hrs)	2019

Sexuality

Common Mistakes Therapists Make When Treating Sexual Issues, RECAMFT, (1.5 hrs)	Apr. 2015
When Pornography is an Issue: Innovative Approaches to Psychotherapy And Couples Counseling with Marty Klein, CAMFT, (3 hrs)	May 2015
Sex Addiction as Affect Dysregulation: A Neurobiologically Informed Holistic Treatment with Alexandra Katehakis, LMFT CAMFT (2.0 hrs)	May 2016
Alternative Sexuality: Polishing the Therapeutic Lens with Howard Warshaw, LMFT CAMFT (3.0 hrs)	May 2016
Update on the Masters and Johnson Model of Sex Therapy: Treatment Of Disorders of Intimacy with Mark Schwartz, DSc, LMFT CAMFT (5.0 hrs)	May 2016
When Eros Enters the Room: Erotic Transference and its Healing Nature with Felicia Matto-Shepard, MFT, RECAMFT, (1.5 hrs)	June 2017
Current Research and its Application to Effective Treatment for Sex Addicts and Their Partners with Tim Stein, LMFT & Jeanne Vattuone, LCSW, RECAMFT (1.5 hrs)	Apr. 2019
Couples Therapy in the Age of COVID with Marty Klein, PhD, SCV-CAMFT (6 hrs)	June 2020

Diversity / Multiculturalism

The World is All Around Us: Creating a Multicultural Community With Lee Mun Wah, CAMFT, (6 hrs)	May 2015
Using Behavior Experiments to Change Client Belief Systems, RECAMFT, (1.5 hrs)	Sept. 2015
Anti-Racism Therapy: Moving Beyond Cultural Competence with Thema Bryant-Davis, PhD, RPA (1.5 hrs)	July 2020
The Intersection of Diversity Issues, Mindful Facilitation & Group Process with Lee Mun Wah, (2 hrs), RECAMFT/Stir Fry Seminars	Sept. 2021
The Justice Project: Antiracism through the Lens of Ava Duvernay's "13th" with Shawan Worsley, PhD, LMFT, (2 hrs), RECAMFT	Apr. 2022
The Justice Project: "How to Be An Antiracist (Psychotherapist)" Discussion Group with Shawan Worsley, PhD, LMFT, (2 hrs), RECAMFT	May 2022
The Justice Project: Antiracism Consultation Group with Shawan Worsley, PhD, LMFT, (2 hrs), RECAMFT	June 2022
Working with Dissociative Disorders & Plural Communities" with Serenity Serseción, PhD, (4 hrs), RECAMFT	Dec. 2023

Disaster Mental Health

Disaster Mental Health Training for Mental Health Professionals With Greg Childs, LMFT, Marin CAMFT, (6 hrs)	Oct. 2015
A Field Guide to Disaster Mental Health: The Very Big Wave and the Mean Old Storm by Kate Amatruda, LMFT, PsychCEU (10.0 hrs)	Aug. 2016
Brief disaster response training for helping professionals: Facilitating recovery and resilience for people impacted by the NorCal wildfires" with Doreen Van Leeuwen, LMFT, RECAMFT, (2 hrs)	Oct. 2017
Skills for Psychological Recovery (SPR) Training with Drs. Joe Ruzek & Patricia Wilson, RECAMFT, (12 hrs)	Apr. 2018

Somatic Experiencing

Working with What the Body Knows: Introduction to Somatic Experiencing with Peter Levine, PESI (1.0 hrs)	Nov. 2019
Addressing the Emotional Roots of Physical Pain with Peter Levine, PhD, PESI (1.0 hrs)	Nov. 2019
Releasing the Body from the Bonds of Trauma: A Somatic Approach to Healing Abandonment Issues and Attachment Wounds with Peter Levine, PhD, PESI (1.5 hrs)	Nov. 2019
Bottom-Up Healing for Childhood Sexual Abuse with Peter Levine, PhD, PESI (1.0 hrs)	Nov. 2019

Motivational Interviewing

Foundations of Motivational Interviewing I** (10 hrs)	Nov. 2012
Foundations of Motivational Interviewing II** (10 hrs)	Nov. 2012

Nutrition

- The Pharmacy in Your Kitchen: An Overview of Medical and Medicinal Foods with Michael Lara, MD, Institute for Brain Potential, (6.0 hrs) Mar. 2017
- “National Nutrition Certification Program”, USDA & Utah State University Extension Program. Course passed with 92/100% score. Feb. 2024
- Integrative Medicine for Mental Health: Exploring Nutrition, Mind-Gut Connection, Hormones, Toxins and More! Stephen Porges et al., PESI, (19.25 hrs), coursework/teachers covered below in italics. Apr. 2024
- ◆ *The Impact of Trauma on Mental and Physical Health through the Lens of the Polyvagal Theory: Predictable Consequences of a Dysregulated Nervous System with Stephen Porges, PhD, PESI, (1 hr)*
 - ◆ *Brains of Fire: Current State of Mental Health and Integrative Treatments for Anxiety and Depression with Mary Ackerley, MD, PESI, (1 hr)*
 - ◆ *Functional Medicine Psychiatry for Depression, Anxiety, and other Mental Health Disorders with Achina Stein, DO, PESI, (1hr)*
 - ◆ *The Role of Thyroid Hormones and Thyroid Autoimmunity in Mental Health with Izabella Wentz, PharmD, PESI, (1 hr)*
 - ◆ *Dopamine Fasting: An Early Intervention for Compulsive Overconsumption in the Digital Age with Anna Lembke, MD, PESI, (1 hr)*
 - ◆ *Mental Health is Metabolic Health of the Brain with Robert Lustig, MD, MSL, PESI, (1 hr)*
 - ◆ *The Next Frontier in Healing the Brain: Beyond Functional Medicine with Robert Hedaya, MD, PESI, (1 hr)*
 - ◆ *Awareness is Not Enough: A New Look at the Staggering Statistics of Adolescent Mental Health with James Greenblatt, MD, PESI, (1.25 hr)*
 - ◆ *Sex Hormones and their Impact on Mental Health with Felice Gersh, MD, PESI, (1 hr)*
 - ◆ *An Integrative Approach to Mental Health: Where the Body Meets the Mind with Arwen Podesta, MD and Joe Mather, MD, MPH, PESI (1.25 hr)*
 - ◆ *PANS/PANDAS: The Role of Infection and Toxin-Mediated Neuroinflammation in Mental Health with Scott Antoine, DO, PESI, (1 hr)*
 - ◆ *Dementia Demystified: Reversing Cognitive Decline and Dementia with Functional Medicine with Kat Touns, MD, PESI, (1.25 hr)*
 - ◆ *The New Science of Calming your Mind with Food (Nutritional Psychiatry: What It Is and How It Can Help Depression, Anxiety, Concentration, Memory, and More) with Uma Naidoo, MD, PESI, (1 hr)*
 - ◆ *TMS, Ketamine, Psychedelics, and More: Emerging Treatments and their Applications in Integrative Pediatric Psychiatry with Erin Amato, MD, PESI, (1 hr)*
 - ◆ *Gut-Brain Connection with Jill Carnahan, MD, PESI, (1 hr)*
 - ◆ *The Effects of Toxins such as Molds, PFOAs, Metals, and Pesticides on Mental Health with Joe Pizzorno, ND, PESI, (1 hr)*
 - ◆ *End of Autism: Exciting New Research and Future Directions with William Shaw, PhD, PESI, (2 hrs)*
- Certified Integrative Mental Health Professional (CIMHP) Training Course: Nutritional and Integrative Medicine for Mental Health Professionals, PESI, (20 hrs) May 2024
- Earned “Certified Integrative Mental Health Professional (CIMHP)” certification, Evergreen Certification #821696 May 2024

Special Projects

2015 Valley Fire

As the President of CAMFT when the Valley Fire hit, I organized our local chapter's response to the fire which included a day at a local winery where people could stop by and meet with a clinician to talk about their experiences. I also challenged all of our CAMFT chapters throughout the state to create Disaster Response Teams.

2017 NorCal Wildfire Recovery Efforts

The 2017 fire that swept through Santa Rosa, California, was, at the time, the worst wildfire disaster we had seen in modern America. Beginning with a meeting in my office in December 2017, with members of my local CAMFT Chapter, we launched a large recovery effort for those suffering mental health problems after the fires. We involved other organization and a community fundraiser, and raised over \$1.3 million dollars. The project included:

- ◆ Working with NAMI to create a Warmline for call in.
- ◆ Creating a Spanish/English website and app where people could go to evaluate whether they were having more serious mental health issues which funneled them to NAMI.
- ◆ Advertising the website/app (MySonomaStrong.com) in various places (bus stops, newspapers, radio spots, etc.).
- ◆ Training over 500 mental health professionals in the community on Skills for Psychological Recovery.
- ◆ Doing a research project in collaboration with Stanford and the Palo Alto VA to create published research for other communities which might suffer a large-scale disaster in the future as ours had.
- ◆ I guided our chapter response which included offering trauma-informed yoga, training 50+ local yoga instructors in trauma-informed yoga (based on Richard Miller, PhD's work), and handing registration and scheduling for ~60 free classes a week for a year.
- ◆ We also responded with Shinrin-Yoku Forest Bathing sessions led by an LMFT monthly for two years.
- ◆ I coordinated our membership to create a list of clinicians willing to offer 3-5 sessions of free therapy for disaster victims.
- ◆ Our chapter responded by quickly creating a 2 hour CE training called "Brief Disaster Response Training for Helping Professionals" which we gave twice, and it was attended by over 200 professionals of all fields. We put the video and handouts on our website at no charge so anyone could access the information. <https://www.recamft.org/Disaster>
- ◆ We created local grief groups for both Spanish and English speakers, and had another day-long event at a local church where people could stop by and meet with a clinician. The day included art therapeutic work for both children and adults.

As a result of this project, after the 2018 Paradise fire, I was called by Eric Ratinoff, JD, an attorney working with victims of both fires and their PGE claims. He asked me to provide both assessment and treatment to a large number of fire victims who he suspected had posttraumatic stress disorder. I coordinated other local therapists to work with me to provide treatment. As a result of treating such a large number of wildfire victims, I now consider this to be an area of specialization.

Racial and Social Justice Training Program — “The Justice Projects”

2022 Antiracism

In January 2022 I proposed an idea to the RECAMFT Board of creating a program to help elevate the diversity education, sensitivity and awareness of our members, with an eye to proposing the program to CAMFT for a statewide version. The local version launched on February 27, 2022 with a few more pieces to be put in place. It includes all the following.

- ◆ Members are asked to read/watch 6 media titles by the end of the year. Those who do will receive a lovely Certificate of Achievement.
- ◆ We mailed out a bookmark to every member with our Racial and Social Justice Pledge on one side, and information about The Justice Project on the back.
- ◆ Those who finished before 6/15/22 received entry to our law and ethics training at no charge (6 hours).
- ◆ We offered 2 hour discussion groups on our two requisites: the movie “13th” and the book by Dr. Ibram X. Kendi, *How to be an Antiracist*. We believed these would deepen the learning as members engaged with the media, each other and our expert presenters.
- ◆ The landing page URL for our project is <https://www.recamft.org/justice>.

2023 LGBTQ+ Affirming Care

In 2023 we continued our Justice Projects with a second focused on LGBTQ+ Affirming Care. This featured all the following.

- ◆ Required reading was
 - ◆ *The Savvy Ally* by Jeannie Gainsburg.
 - ◆ *A Clinician's Guide to Gender-Affirming Care: Working with Transgender and Gender Nonconforming Clients* by Sand C. Chang, Anneliese A. Singh, & Lore M. Dickey.
 - ◆ *Gender Queer: A Memoir* by Maia Kobabe (which later that year became the most controversial banned book in the US).
- ◆ Required watching ~227 minutes called “Bite-sized Media” (various TED Talks, and educational YouTube videos, on all the letters in 2SLGBTQIA+).
- ◆ Reading or watching two additional media from a large list of books and movies.
- ◆ To honor the focus of our Justice Project in 2023, RECAMFT had a new logo adaptation commissioned by non-binary digital artist, Sol Meade (SolMeade@gmail.com)
- ◆ We designed a sticker which was mailed to over 750 members that had the progressive pride heart, RECAMFT’s adapted Rainbow Rings logo, and said “Everyone is welcome here”. We encouraged members to send photographs of where they placed their sticker which we featured in the monthly newsletters.

Both projects have been updated and continue as part of RECAMFT’s programming in 2024.

I am very proud of both these projects which have taken an extraordinary amount of my time and energy. I spoke with the Executive Director of our state association, CAMFT, about using these two programs as a model for LMFTs statewide to earn continuing education or a credential in racial and social justice. CAMFT has its DEI Committee exploring how to adapt RECAMFT’s project to set a new standard for LMFTs statewide.