

EXPERIENCE

DENVER WELLNESS COUNSELING

Denver, CO

A private, group practice counseling center offering expert counseling services to adolescents, and adults to address trauma/PTSD, anxiety, grief, attachment wounds, depression, and relationship issues.

Owner, Psychotherapist, Consultant, Trainer

2017 to Present

- Provide individual therapy and assessment services to adolescents, and adults. Primary therapeutic approaches include EMDR (Certified), Somatic-based, Attachment-based, DBT, CBT, Integrative, Motivational, and Person-Centered.
- EMDR consultation services to therapists (EMDRIA Approved)

THE ROAD LESS TRAVELED COUNSELING CENTER

Denver, CO

Center for EMDRIA Approved EMDR Basic Training and Advanced Training

EMDRIA Approved Basic Trainer and Consultant

2017 – Present

- EMDR consultation services to therapists in EMDRIA Approved Basic Training
- 2025 EMDRIA Approved Basic Trainer

BROWER PSYCHOLOGICAL SERVICES, POLICE AND PUBLIC SAFETY

Denver, CO

Brower Psychological Services provides comprehensive psychological services to address the unique demands of working with First Responders and those in Police and Public Safety, as well as their families.

Psychotherapist and Trainer

2017 - 2019

- Provide counseling and emergency services to First Responders, including Police and their family members
- Provide training in a variety of mental health topics to agencies that work with First Responders

PARENTING AFTER DIVORCE (PAD)

Denver, CO

Parenting After Divorce is a Colorado non-profit corporation providing quality co-parent education to divorcing, divorced and never-married parents living apart.

Instructor

2017 - 2023

- Provide instruction and role-play during classes that meet the requirements of Domestic Relations Courts in the Denver Metro Area and throughout the State of Colorado.
- Topics include but are not limited to: the emotional impact of divorce, how to decrease the negative effects on children, predictors of positive outcomes, co-parenting strategies, and communication skills.
- Participates in improvement and expansion of course topics, including participation in the video portions of the available online courses

TENNYSON CENTER FOR CHILDREN

Denver, CO

A non-profit organization and one of the Rocky Mountain region's leading treatment centers and K-12 schools for children and adolescents with social and/or emotional issues

Clinical Director of Therapy Services, Admission, and Training

2015 - 2018

- Provided full oversight of the therapy services for more than 100 residential and day-treatment clients by monitoring client outcomes and therapist efficacy
- Provided full oversight of the Clinical Training Department and Admissions Department
- Developed, implemented and adhered to the 2016 and 2017 Fiscal Year Budget for Clinical Services, which included an overall increase in clinical hours (clients served) and billing revenue
- Direct supervision of agency supervising clinicians, focusing on areas of clinical direction and implementation, evidence based practices, clinician development, budgeting, clinical job performance, regulation and COA compliance, outcome evaluation, treatment planning, and positive work culture
- Formalized Tennyson Internship Program by forming ongoing relationships with local universities, averaging three interns per year in the Day Treatment/Residential program
- Provide leadership in key priority areas such as reducing physical restraints, increasing family involvement, cultural competence, and evidenced based clinical practice

GREENWOOD COUNSELING CENTER

Centennial, CO

A private counseling center that specializes in the areas of anxiety counseling, grief counseling, stress counseling, PTSD treatment, trauma counseling, and EMDR therapy

Psychotherapist and Consultant-in-Training

2015 – 2017

- Provided individual therapy services to adolescents, children, and adults
- As an EMDR consultant in training, provided consultation group feedback and leadership during EMDR basic training through EMDR of the Rockies

SHILOH HOME, Residential Child Care Facility

Littleton, CO

A non-profit organization that offers residential and non-residential therapeutic and educational services to youth whose lives have been impacted by abuse, neglect, and trauma.

Clinical Manager

2012 - 2015

- Managed clinical services for a campus of approximately 50 adolescent clients, including clinical and task supervision of five full time clinicians and two interns
- Provided individual, group, and family therapeutic services for adolescents; implementing advanced techniques from EMDR, DBT, CBT, choice theory, solution focused, client centered, and play therapy modalities
- Provided after-hours support to on-call counselors for crisis, high risk, and complex situations occurring in nine Shiloh facilities serving more than ten counties

Clinician

2009 -

2012

- Provided 22 hours per week of direct, billable, therapeutic services to adolescents and their families, using evidence based practices to decrease frequency and severity of symptoms resulting from primary mental health diagnosis
- Provided timely, thorough, and clinically minded documentation including psychosocial histories, treatment planning, monthly progress reports, and discharge summaries, contributing to compliance with State and COA regulations

CORRECTIONAL PSYCHOLOGY ASSOCIATES

Denver, CO

Contract Forensic Therapist and Graduate Intern

2008 - 2009

- Provided clinical services for Jeffco Jail residents including dialectical behavioral group therapy (DBT), cognitive-behavioral group therapy (CBT), suicide risk assessment, crisis intervention, diagnosis and referral to psychiatry
- Halfway-house group treatment in acceptance and commitment therapy (ACT), problem solving, cognitive behavioral therapy, and emotion regulation
- Performed substance abuse intake assessments on individuals referred from Federal Probation. Determined primary criminogenic need, determined level of risk to re-offend (using the LSI-R:SV actuarial assessment tool), and recommended appropriate treatment. Facilitated individual and group treatment with adult male clients on probation or parole

MARVIN W. FOOTE JUVENILE DETENTION FACILITY

Englewood, CO

Counseling Intern

2007 - 2008

- Conducted individual and group sessions with female and male youth using solution-focused therapy and motivational interviewing; facilitated crisis intervention and de-escalation strategies

OLD ROCHESTER REGIONAL HIGH SCHOOL

Mattapoisett, MA

Biology/Health Teacher

2004 - 2005

- Provided students with the opportunity to engage in meaningful dialogue with a concerned, caring, knowledgeable adult about interpersonal relationships and mental health issues; partnered with school therapists to mentor students

EDUCATION**UNIVERSITY OF DENVER**

Denver, CO

MA, Forensic Psychology

June 2009

- GPA: 3.99
- Recipient of Graduate School of Professional Psychology Scholarship 2008 & 2009

UNIVERSITY OF VERMONT

Burlington, VT

BA, Biological Sciences

May 2004

- Graduated *Cum Laude*
- Recipient of UVM Presidential Scholarship 2002, 2003, 2004; Helix Research Grant Award Recipient 2003
- Cancer researcher, University of Vermont Pathology Department 2003-2004
- Certified Nursing Assistant, Fletcher Allen Hospital 2003-2004

ADDITIONAL EXPERIENCE

OFFICE OF THE MEDICAL EXAMINER

Forensic Intern

Denver, CO

Summer 2008

COURT APPOINTED SPECIAL ADVOCATES (CASA)

CASA Volunteer

Aurora, CO

2006 to 2008

CASA is a national volunteer organization whose objective is to advocate for safe, permanent homes for abused and neglected children by bringing quality information to the court's attention.

CERTIFICATIONS, TRAINING, AND VOLUNTEER EXPERIENCE

Licensed Professional Counselor #6130 - DORA; Expiration August 2025

EMDR Certified Therapist, EMDRIA - EMDR International Association, 2017

EMDR Consultant – EMDR International Association 2019

RECENT ADVANCED TRAININGS 2015-Present: *EMDR and Earning Secure Attachment; The Embodied Self (Somatic Therapy); When There Are No Words (Pre-verbal trauma); Trauma Focused CBT; Teaching Yoga/Mindfulness in Rehabilitation Facilities; Trauma Informed Care; Love and Logic; High Fidelity Wrap Around Services*

Massachusetts Teaching Certificate - Biology and Health 2005/2006

Therapeutic Crisis Intervention (TCI) 2009-Present

Regis University, MA Counseling Advisory Board 2016

Colorado Statewide Trauma Responsive Theory of Change Workgroup 2017 - 2018