

ELIZABETH LEGG, PhD, LPC, NCC
Licensed Psychologist
EMDR Certified Therapist, EMDRIA-Approved Consultant, EMDRIA-Approved Training Provider
The Road Less Traveled Counseling Center, PLLC
Denver Collaborative Health Center, LLC
ELEGG@theroadlesstraveledcounseling.com

EDUCATION

Ph.D., Counseling Psychology (APA Accredited) University of Northern Colorado, Greeley, CO, GPA: 3.98	Aug. 2013
Master of Arts, Community Counseling University of Northern Colorado, Greeley, CO, GPA: 4.0	Aug. 2003
Bachelor of Arts, Honours Psychology Co-op University of Waterloo, Waterloo, ON, Canada	May 1998

CLINICAL EXPERIENCE

Psychologist/Counselor/Business Owner of Private Practice The Road Less Traveled Counseling Center, PLLC and Denver Collaborative Health Center, LLC Denver, CO	Aug. 2009 - present
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- Conduct individual, couples, group, and family therapy with clients experiencing a variety of clinical issues and from a broad range of cultural backgrounds
- Provide EMDR therapy to individuals and couples with a history of trauma, or who are experiencing symptoms related to anxiety, depression, attachment, neglect, or unresolved grief and loss (including manifestations of trauma in the form of dissociation, addiction, chronic pain and illness)
- Conduct psychological assessments with individual clients
- Provide clinical supervision and consultation to clinicians
- Provide EMDRIA-Approved Basic Training (2017-present) and EMDRIA-Approved Credit Program (2020-present)
- Facilitated EMDR Training course with Julie Greene, MA, LPC (2013-2017)
- Conduct EMDR consultation groups and provide individual EMDR consultation (2013-present)
- Consult with other professionals within and outside of the mental health field (2009-present)
- Provide trainings and workshops about clinical issues and treatment modalities (2009-present)

Contract EMDR Therapist Colorado State University Health Network (Counseling Services), Ft. Collins, CO	Fall 2013 - Spring 2014
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- Conduct EMDR with individual undergraduate and graduate students
- Complete psychosocial intake assessments
- Provide on-call services, including crisis management, triage services, and brief intakes
- Facilitate EMDR consultation groups with CSU Counseling Services staff
- Receive weekly supervision toward licensure as a Psychologist

Pre-Doctoral Psychology Intern

Fall 2012 - Summer 2013

Colorado State University Health Network (Counseling Services),
Ft. Collins, CO

- Participated in Rotation/Special Interest Areas in Behavioral Health, Assessment, and Couples Therapy
- Completed reports for two integrated psychological assessments and one personality assessment
- Provided an average of 13-14 individual and couple therapy sessions per week to students
- Complete two-three psychosocial intake assessments per week
- Co-facilitated a total of three Interpersonal Process groups throughout the year (one per semester)
- Provided after-hour emergency coverage for a total of three weeks throughout the year
- Supervised the clinical work of two first year doctoral psychology trainees
- Participated in weekly seminars and supervision, including Crisis Intervention, Diversity, Group Therapy, Professional Issues, Supervision of Supervision, Outreach, Behavioral Health, and Couples Therapy
- Developed and conducted a couples therapy workshop to students and staff of the university

Advanced Practicum Student Counselor

Fall 2011 - Spring 2012

Colorado State University Health Network (Counseling Services),
Ft. Collins, CO

- Provided individual and couple therapy to undergraduate and graduate students
- Completed psychosocial intake assessments
- Provided on-call services, including crisis management, triage services, and brief intakes
- Participated in individual and group supervision and seminar

Contract Clinician

Aug. 2009 - Feb. 2011

Shiloh House,
Littleton, CO

- Provided EMDR treatment to child/adolescent clients with trauma histories and behavioral issues
- Conducted in-home family therapy to adolescents and their families as part of after-care package following discharge from residential treatment
- Led group therapy with children and adolescents in residential treatment and day treatment
- Provided training regarding policies/paperwork and supervision to new Clinicians
- Provided ongoing case management for children and their families, including monthly case conferences and progress updates
- Collaborated with treatment teams, including other counselors, case workers, probation officers, GAL's, CASA's, and families regarding treatment and discharge planning

Clinician

Oct. 2007 - Aug. 2009

Shiloh House,
Littleton and Commerce City, CO

- Conducted intakes and psychosocial assessments
- Provided ongoing individual, group, and family therapy to high-risk children and adolescents with trauma histories
- Provided case management, treatment planning, and discharge planning in conjunction with Multi-Disciplinary Teams
- Aided in crisis situations with youth
- Provided training and clinical supervision to milieu staff

Treatment Coordinator

Sept. 2003 - Oct. 2007

Jefferson Hills,
Lakewood, CO

- Provided individual, group and family therapy to adolescents referred by DYC and DHS
- Conducted Dialectical Behavior Therapy, Anger Management, Substance Abuse, and Restorative Justice groups for adolescent males with severe emotional and behavioral problems
- Provided case management
- Developed and updated treatment plans for youth
- Provided crisis intervention
- Presented clinical recommendations at parole hearings for DYC youth
- Aided in discharge planning for at-risk youth

Emergency Psychiatric Services Worker/Child Crisis Therapist

Jan. 2003 - Sept. 2003

Mental Health Center of Boulder County,
Boulder, CO

- Provided crisis counseling with chronically mentally ill clients and those in situational crises
- Conducted emergency psychiatric evaluations and interventions
- Provided psychiatric consultations for hospital patients
- Offered appropriate referrals and/or resources
- Conducted intake screenings with new clients
- Provided case management

ADDITIONAL TEACHING/TRAINING AND SUPERVISORY EXPERIENCE

- **Presented EMDR in Conjoint Couples Therapy** Sep. 2014
EMDRIA Conference in Denver
- **Presented Research about EMDR within Conjoint Couples Therapy** Oct. 2013
Keith Andresen's Boulder EMDR Luncheon
Boulder, CO
Denver Regional EMDRIA Meeting Jan. 2014
- **Graduate/Teaching Assistant in Supervision of Assessments** Spring 2012
Supervision/Training to Doctoral Students Conducting Assessments for the University Clinic
University of Northern Colorado
- **Graduate/Teaching Assistant for Individual Counseling Practicum** Fall 2011 – Spring 2012
Individual and Group Supervision to First-Year Counseling Psychology PhD Students
University of Northern Colorado
- **Supervise LPC Candidates** Feb. 2010 - present
The Road Less Traveled Counseling, LLC
- **Guest Lecturer** Fall 2011
Counseling in Practice
Abnormal Psychology Class, University of Northern Colorado
- **Teaching Assistant for Psychological Trauma and Crisis Intervention Class** Summer 2011
Research, Preparation, and Teaching Master's Level Counseling Students
University of Northern Colorado
- **Teaching Assistant for Advanced Practicum in Individual Counseling** Spring 2011
Individual and Group Supervision to First-Year Counseling Psychology PhD Students
University of Northern Colorado

- **Provided EMDR Workshops and Presentations**
 - Psychological Trauma/Intervention Class, University of Northern Colorado 2011 – 2019
 - The Road Less Traveled Counseling Dec. 2011
 - Abnormal Psychology Class, University of Northern Colorado Fall 2011
 - Mental Health America of Colorado Spring 2011
 - Survey of Medicine Class, Colorado School of Traditional Chinese Medicine Summer 2010
 - Child Abuse and Neglect Class, University of Northern Colorado Spring 2010
- **Trained and Supervised New Clinicians** Aug. 2009 - Feb. 2011
Shiloh House
- **Provided EMDR Training for Clinicians and Clinical Manager** 2009 - 2010
Shiloh House
- **Conducted Basic Counseling Skills Training for Milieu Staff**
 - Shiloh House March 2009
 - Jefferson Hills 2004 - 2008

RESEARCH EXPERIENCE

- Dissertation Defended** April, 2013
 Eye Movement Desensitization and Reprocessing in Conjoint Couples Therapy:
 A Grounded Theory Study
 University of Northern Colorado
- Research Apprenticeship** Summer 2011
 Research in preparation for Trauma and Crisis Intervention class
 University of Northern Colorado
- Quantitative Research Class** Summer 2011
 Evaluating the Effectiveness of EMDR in Conjoint Couples Counseling:
 Ex Post Facto Study Proposal
 University of Northern Colorado
- Qualitative Research Class** Fall 2010
 EMDR in Conjoint Couples Counseling Phenomenology Study and Pilot Study for Dissertation
 University of Northern Colorado
- Professional Research Assistant** May 2000 - Aug. 2003
 University of Colorado at Boulder,
 Institute for Behavioral Genetics
- Conducted phone and in-person interviews for behavioral genetic research
 - Administered Diagnostic Interview Schedule (DIS) and Diagnostic Interview Schedule for Children (DISC)
 - Conducted WAIS, WISC, WASI, PIAT and Nelson-Denny Reading Test
 - Administered Executive Functioning assessments with adolescents and young adults
- Undergraduate Thesis** 1997 - 1998
 The Relation of Dissociation, Absorption, and Hypnotizability to Bulimic Tendencies
 in Female University Students
 University of Waterloo

PROFESSIONAL PRESENTATION EXPERIENCE

EMDR International Association 2014 Conference Eye Movement Desensitization and Reprocessing in Conjoint Couples Therapy: Relational Trauma Treatment Theory	Oct. 2014
Colorado Counseling Association 2012 Conference Eye Movement Desensitization and Reprocessing in Conjoint Couples Therapy: A Grounded Theory Study (poster)	Mar. 2012
American Psychological Association 2012 Convention Eye Movement Desensitization and Reprocessing in Conjoint Couples Therapy: A Grounded Theory Study (poster)	Aug. 2012
EMDR International Association 2012 Conference Eye Movement Desensitization and Reprocessing in Conjoint Couples Therapy: A Grounded Theory Study (poster)	Oct. 2012

ADDITIONAL RELATED EXPERIENCE

Youth Advocate I Mental Health Center of Boulder County, Boulder, CO	Nov. 2000 - Aug. 2001
• Developed activities consistent with treatment plans for children and adolescents with behavioral and psychological problems • Conducted activities in the community with day treatment clients to promote development of social skills and to increase self-esteem • Demonstrated healthy role modeling and appropriate boundaries for youth	
Mental Health Worker I Mental Health Center of Boulder County, Boulder, CO	Aug. 1999 - May 2000
• Provided counseling and support to escalated children in the school milieu • Assisted with instruction of middle school children with behavioral/psychological problems in day treatment program • Co-facilitated Affective Education Groups	
Recreation Therapist I Syl Apps Youth Centre, Oakville, ON, Canada	May - Sept. 1997
• Developed and led creative recreation programs for maximum-security, young offender population, both on a one-on-one basis and in a group setting • Provided recommendations regarding the short-term and long-term needs of adolescent offenders to staff, parents, and clients • Conducted recreation assessments with adolescent offenders	

Psychometrist I

Sept. 1996 - Jan. 1997

Adult Occupational Centre,
Barrie, ON, Canada

- Conducted Anger Management Groups, Sexual Offense Relapse Prevention Groups, Relaxation Therapy Sessions, and Individual Counseling Sessions with developmentally delayed dually diagnosed clients
- Provided instruction to clients in literacy and numeracy
- Reviewed clients' records and developed reports detailing sexual offense histories

Children's Counselor

May - Sept. 1995

Bolton Camp,
Bolton, ON, Canada

- Planned and led creative and age-appropriate programs for children aged 7 months to 2 years old
- Developed and implemented life skills/drama programs for high-risk 7 to 14 year old children

PROFESSIONAL AFFILIATIONS

- American Psychological Association, Divisions 17 and 56 2009-present
- EMDR International Association (see Special Interest Group Membership below) 2007-present
 - EMDR and Dissociative Disorders
 - EMDR and Diversity, Community and Culture
 - EMDR for First Responders & Protective Services Personnel
 - EMDR Research
- National Board for Certified Counselors 2005-present