

## **Education:**

2001-2004 Bethel Seminary, San Diego  
Graduated Summa Cum Laude with M.A. in Marital and Family Therapy

1995-1999 Point Loma Nazarene University  
Graduated Magna Cum Laude with B.A. in Community Psychology

## **Employment:**

2005-current Mental Health Systems School-Based Program. San Diego  
Provide clinical supervision to trainees, teach therapeutic concepts to trainees and staff, provide therapeutic services to school-aged youth and their families. Design curriculum for group supervision and staff trainings. Oversee completion of required county documentation for Medi-Cal program. Complete evaluations for trainees for their graduate school programs.

2016-current AAMFT Supervisor

2010-current Clinical Supervisor

2005-2010 Program Therapist

2014-current Practicum Professor at Bethel Seminary, San Diego  
Teach trainees therapeutics concepts such as systemic theories, law and ethics, DSM diagnoses, lifespan development, cultural sensitivity and diversity, professional case management, and self-care for helping professionals. Supervise learning and growth of new therapists at their practicum sites through dialogue, video recordings and weekly assignments. Design curriculum for weekly 4-hour class times, grade and provide feedback for both written and oral assignments. Complete evaluations for trainees and review evaluations from their practicum sites.

2018-current Interim Clinical Training Coordinator at Bethel Seminary, San Diego  
Oversee all practicum students who are enrolled in the program. Help them with site placement, necessary paperwork and with completion of their practicum experience.

2003-2005 Mental Health Systems STEPS Day Treatment Children's Program, San Diego  
(Unpaid clinical position as a trainee and then intern)  
Taught elementary age children in a therapeutic setting who had experienced sexual trauma. Provided both individual and group therapy. Designed curriculum for program staff to use in both individual and group settings.

1998-2004 San Diego Unified School District Resource Aide  
Provided in classroom support for students as well as graded assignments and papers for school staff.  
2000-2004 Marshall Middle School, Special Education Department  
1998-2000 Serra High School, Science Department

## Memberships:

2016-current	AAMFT Approved Supervisor
2015-current	AAMFT Clinical Fellow
2001-current	CAMFT Member
1997-current	Member of Phi Delta Kappa National Honors Society

## Other Trainings Developed:

<u>Subject</u>	<u>To Whom</u>	<u>Date</u>
Creating Resiliency in the Classroom*	Trinity Christian School	2018
Treating Anxiety in Childhood	Mothers of Preschoolers (MOPS)	2018
Treating Trauma in the Classroom	Trinity Christian School	2018
Quick Tips for Cognitive Behavioral Therapy	MHS School-Based	2018
Quick Tips for Dialectical Behavioral Therapy	MHS School-Based	2018
Quick Tips for Solution Focused Brief Therapy	MHS School-Based	2017
Building Rapport with School-Aged clients	MHS School-Based	2016
Self-Reflection and Personal Growth as a Therapist	MHS School-Based	2015
Play Therapy Techniques	MHS School-Based	2014
Hands-on Therapy Techniques with School-Aged Population	MHS School-Based	2013
Addressing Trauma Narratives with Children	MHS School-Based	2012
Solution-Focused Theory and the School-Aged Population	MHS School-Based	2011
Creative Approaches to ADHD	MHS School-Based	2010
Treating ADHD in School-Aged Children	MHS School-Based	2009

\*upcoming training

## Additional Areas of Focus:

Intensive training in Solution-Focused Brief Therapy (SFBT) and Cognitive-Behavioral Therapy (CBT)  
Supervision through a systemic and SFBT lens  
Therapy with immigrant students and their families, low SES and marginalized populations  
Individual and family therapy with school-aged youth (ages 5-21).  
Systemic treatment involving families, schools, social services, religious supports and other involved parties  
Case management services to students and families to provide additional supportive services