

BRANDI (NICHOLS) VADIS, MA, BSN, LMFT #122625

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EDUCATION

Master of Arts, Clinical Psychology July 2018

Azusa Pacific University, San Diego, CA

Bachelor of Science, Nursing May 2012

Idaho State University, Pocatello, ID

CLINICAL EXPERIENCE

CEO/Founder 2021 – Present

Hope for Healers (H4H)

- Founded and developed nonprofit organization focused on providing compassion and wellbeing support to healthcare workers to prevent professional burnout and empathy fatigue
- Created organizational infrastructure including board management, bylaws, articles of incorporation, tax status, mission statement and vision
- Provide clinical supervision of unlicensed staff, ensuring quality of care and professional development of emerging clinicians
- Lead strategic planning and event execution for community outreach and experiential psycho-education programming
- Expanded organization from individual practice to seven-member multidisciplinary team
- Deliver trauma-informed, evidence-based therapy to healthcare professionals experiencing empathy fatigue, anxiety, grief, and vicarious trauma utilizing EMDR as certified practitioner and consultant in training

Group Practice Clinician 2018 – 2022

Center for Enriching Relationships

- Provided comprehensive group, family, and individual counseling services utilizing evidence-based treatment modalities including EMDR, CBT, ACT, and DBT
- Conducted risk assessments and coordinated care with community providers for holistic treatment planning
- Participated in clinical consultation for EMDR certification process and safe practice protocols

Associate Counselor 2018 – 2020

The Elizabeth Hospice

- Provided specialized grief and bereavement counseling through group, family, and individual modalities
- Collaborated with interdisciplinary treatment teams to deliver comprehensive care for dying patients and bereaved families
- Conducted crisis risk assessments and coordinated community resources during emergency situations
- Facilitated community grief support groups and specialized programs including peer support model groups and children's grief camps

MFT Trainee 2017 – 2018

Sharp Senior Intensive Outpatient Program

- Delivered evidence-based group, family, and individual therapy utilizing CBT, DBT, ACT, MI, and solution-focused approaches
- Conducted comprehensive psychosocial assessments and developed client-centered treatment plans with measurable objectives
- Collaborated within interdisciplinary team framework for integrated care and comprehensive safety planning
- Facilitated specialized psychoeducation groups and personality disorder treatment groups
- Administered and interpreted clinical assessments (Montreal Cognitive Assessment, PHQ-9, GAD-7) for treatment planning
- Developed and implemented innovative intergenerational programming connecting seniors and adolescents

SUPERVISION AND TEACHING EXPERIENCE

Adjunct Faculty 2025 – 2026

Point Loma Nazarene University, MACC Program

- Taught Basic Skills, a graduate-level course within the Master of Arts in Clinical Counseling (MACC) program covering foundational clinical counseling skills
- Integrated the Person of the Therapist model to teach students how to recognize and ethically use countertransference, grounded in the belief that personal experience of pain can deepen authentic connection with clients

Clinical Supervisor2023 – Present

Hope for Healers

- Provide clinical supervision for unlicensed marriage and family therapy associates
- Mentor emerging clinicians in developing competent and compassionate therapeutic practices
- Focus supervision on person-of-the-therapist development, professional boundaries, and sustainable practice

Training and Education Developer2021 – Present

Hope for Healers

- Developed and delivered continuing education training programs on trauma-informed stress management and leadership
- Created curriculum approved for continuing education credits through CE Classes
- Delivered specialized presentations on burnout prevention and ethics of self-care in helping professions

PROFESSIONAL TRAINING AND CERTIFICATIONS

EMDR Consultant in Training2024 – Present

EMDRIA

EMDR Certification2022 – Present

EMDRIA

EMDR G-TAP/R-TAP Training (Group and Recent Traumatic Event Protocol)2022

EMDRIA

Eye Movement Desensitization and Reprocessing Training2019 – 2020

EMDRIA

Expressive Arts Train the TrainerApril 2019

California State University San Marcos

Emotion-Focused Therapy ExternshipJanuary 2017

Training and Research Institute for Emotionally Focused Therapy, San Diego

Trauma-Focused Cognitive Behavioral TherapyNovember 2017

Child and Adolescence Online

PROFESSIONAL SERVICE AND AFFILIATIONS

California Association of Marriage and Family Therapists (CAMFT), MemberJanuary 2016 – Present

San Diego North County CAMFTBoard of Directors 2017 – 2021 · Member 2021 – Present

COMMUNITY ENGAGEMENT AND PARTNERSHIPS

Expert Contributor2021 – Present

Help Texts Platform

- Collaborate as subject matter expert to provide supportive mental health resources delivered via text messaging to healthcare workers
- Enhance accessibility to mental health support for underserved healthcare professional populations

Community Crisis Response Collaborator2018 – Present

The Elizabeth Hospice and Hope for Healers

- Partner with community agencies to provide unbiased mental health support following critical incidents
- Deliver trauma-informed crisis intervention services to healthcare worker populations

TECHNICAL COMPETENCIES

Software Proficiency: Microsoft Office Suite (Word, Excel, PowerPoint), Adobe Creative Suite, Canva, Google Workspace, Zoom

Electronic Health Records: Cerner and Therapy Notes system with Joint Commission compliance standards

Clinical Assessment Tools: Montreal Cognitive Assessment, PHQ-9, GAD-7, PCL 5, YBOCS, DES II

LICENSE

Licensed Marriage and Family Therapist — California License #122625, Current