Grayson E. Wallen

Grayson@GraysonWallen.com 480-234-8363

Personal Statement

I am a graduate (2018) of Phoenix Seminary with a Masters of Arts of Counseling. Almost simultaneously upon graduation, moved to San Diego with my wife to convert our favorite vacation spot to a home. As of August 2022, I am a California Licensed Professional Clinical Counselor (#12135) and an Arizona Licensed Professional Counselor (#23790). I am also a Certified Gottman Therapist (#538), National Certified Counselor (#1722710) and Board Certified Tele-mental Health Provider (#3991). I am also a partner for a relationship focused project called Third Try Fertility that helps relationships navigate the mutual effects of infertility treatment. Outside of counseling, I enjoy the outdoors, espressos at home with my loved ones and the beach days as forms of routine self-care. I also have a Blog where I write about mental health and ways that can simplify the complexities of feeling good. You can check it out here.

Academics and Employment

In July 2024, I launched my private practice focusing on Gottman Method Couples Therapy and clinical supervision. I knew that I wanted to have a couples-focused practice and utilize my other trainings to accompany the work that each couple needs to do. I also am a partner in practice for Third Try Fertility, which focuses on relationship health and security as couples seeking to build a family, go through their infertility journey. Third Try is a business project of Grayson Wallen Professional Counseling and Aspen and Oak Therapy.

In January 2023 I was offered an Adjunct Position at Point Loma Nazarene University in San Diego. I teach courses in Marriage and Family Therapy, Human Sexuality and Advanced Counseling Theories and Integration for the University. My class sizes have been between 12 and 27 students and I have been responsible for all the content creation for lectures, quizzes and assessment measures of student progress and readiness for supervised counseling practice. I have enjoyed this work since it has allowed me to use my credentials in different ways than simply doing more volume of therapy sessions.

In late 2022 I started contributing writings for Choosing Therapy, which is an online blog that is pro-therapy, peer reviewed and authoritative for mental health content online. I work with a team of writers on assigned writings and meet regular writing and research deadlines. In October 2023 I was featured in Country Living's relationship blog as an authoritative relationship expert. The article on Country Living was about the role of giving positive affirmations to your partner and those who are important relationships to maintain positive relationship atmospheres.

In February 2022 I started working for Kim Panganiban in her private practice seeing couples that she could not see herself. While I was a supervised Associate and later as a Licensed Consultant, Kim provides weekly tape-review of my clinical work with couples. Kim also and answers many of my theoretical approach questions to couple problems like cancer, difficulty with pregnancy and what I should do when an intervention doesn't work as well as I had initially hoped or expected. Kim has changed the way I practice The Gottman Method and has helped bridge my learning gaps from my Level 1 and 2 At Home trainings from The Gottman Institute. Kim is also my Consultant for Gottman Method Certification (accepted November 2022).

Starting in November 2020, I worked with Dr. Matthew Jarvinen in his private practice seeing couples and minors that he could not see himself. In March 2021 I merged my practice at The Center for Enriching Relationships (CER) with his to focus my clinical work and study on Intense Short-Term Dynamic Psychotherapy (IS-TDP). Dr. Jarvinen is certified in IS-TDP and has completed several Advanced Core Trainings, which was a

great advantage to me as I learn and apply the model. Part of my work with Dr. Jarvinen included attending IS-TDP San Diego Clinical Trainings from IS-TDP practitioners like: Dr. Allan Abbass, Jon Fredrickson, Dr. Patricia Coughlin, Tami Chelew and Dr. Ange Cooper. I use IS-TDP protocols for all of my individual sessions: 3 hour trial therapy session followed by 90 and 45 minute sessions following trial therapy to promote unlocking of the unconscious conflicts and inner healing.

During the Spring 2021 Semester I started an Independent Study course on the Gottman Method for Couple's Therapy for addicted, traumatized and abusive relationships which included video-taped review of my clinical work by a Certified Gottman Method Couple's Therapist, Dr. David Walther, M.Div., Ph.D., G.M.C.T. at Phoenix Seminary. This course was taken to satisfy the California Board of Behavioral Sciences (BBS) requirement for Professional Clinical Counselors to have extra graduate-level coursework on advanced marriage and family theory application to treat couples and families after independent licensure. This course was accepted by the BBS and satisfied my credentialing requirements. For this course, I took The Gottman Institute's Level 3 Clinical Training, Couples in Addiction Recovery and Treating Affairs and Trauma courses as part of the coursework for the class and towards credentialing through the state of California and The Gottman Institute.

After I moved out to San Diego in July 2018 until March 2021, I practiced as a Registered Associate Professional Clinical Counselor at CER. CER exists to actively enrich and support relational and family healing within the church and community for the underserved (low-income). I counseled individuals and couples to promote healthy and life-giving mental health and relationships. At CER, I was supervised by Dr. Donald Welch, Ph.D., L.M.F.T. (#50129), Dr. Claudia Grauf-Grounds, Ph.D., L.M.F.T. (#17348) and Dr. Barbara Burt, Psy.D., Clinical Psychologist (#23977). At CER, I used Cognitive Behavioral Therapy and IS-TDP for individuals and the Gottman Method for Couples Therapy.

Between May 2020 to December 2020, I was a volunteer Associate Counselor at The Elizabeth Hospice (TEH) in Mission Valley, San Diego. I was under the supervision of Elizabeth Hospice's Professional Clinical Counselor Supervisor: Yvonne Rothermel, M.A., L.C.S.W. (#20259). I worked with a Surviving Spouse Loss support group and individual grief counseling for minors and adults with various types of losses: parent, partner, sibling. While at TEH, I completed a specialized 40-hour Grief Counseling Training and was trained and supervised in Sand Tray Therapy for kids, adolescents, and adults. I took this position in an effort to meet BBS requirements for my LPCC application to meet the requirements: 150 hospital hours and towards the 500 child/family/couple hours.

From August 2018 to May 2020, I counseled in Point Loma Nazarene University's Student Success and Wellness Center (PLNU). At PLNU I provided on campus short-term, strengths-based and solution-focused therapy interventions for undergraduate students. I was under the supervision of PLNU's Senior Clinician: Laurie Floren, M.A., L.M.F.T. (#24424). In counseling sessions, I was able to utilize campus resources and rhythms of growth and rest that are built into PLNU's milieu (ex: chapel, peer groups that classes utilize for spiritual and personal growth, as well as an onsite Medical Doctor, Registered Nurse, consulting Psychiatrist, Registered Dietitian, Academic Counselors/Coaches, Athletic Coaching Staff, and Professors). I decided to leave PLNU Wellness in February 2020 in light of needing to meet BBS requirements for my LPCC application that Point Loma was not meeting (hospital hours and child/family/couple hours) and finished the semester in the Wellness Center amid a Global Pandemic (Novel Coronavirus) and finals week in May 2020. To this day I am not sure which was more traumatic for the students.

From 2015 and 2018, I completed my Master of Arts of Counseling from Phoenix Seminary which emphasized holistic care of the individual in counseling in a Christian paradigm. My academic work emphasized the need for the spiritual component of the person to be thoroughly integrated for successful counseling to take place. My counseling strengths include ethics, culture and diversity and treatment planning. In my internship at Scottsdale Bible Church Counseling Ministry, I saw individual adult males and couples for short-term counseling. In individual sessions, I mainly used Cognitive Behavioral Therapy as I focused to be effective one theory before attempting to use another. In my couple's work, I focused on using the Gottman Method and completed level one and level two of the clinical trainings and was supervised by a Certified Gottman Method Couple's Therapist. While I was studying at Phoenix Seminary, I was recognized for my counseling skill and was asked to facilitate a graduate course on the counseling skills in Fall 2017. Facilitating the skills course required me to model counseling skills and assist in grading and final assessment of the student's skill.

From June 2016 to June 2018, I worked at a level one pediatric psychiatric stabilization unit at Phoenix Children's Hospital (PCH) as a Behavioral Health Technician. I was able to observe and interact pediatric patients in an individual and group setting as they received treatment for their presenting mental health and social ailment problem(s). I worked on an interdisciplinary treatment team of Psychiatrists, Psychologists, Social Workers, Nurses and out-patient services like counselors and Department of Child Safety workers during the child's treatment. I regularly lead and supported therapeutic groups that attend to the needs of the milieu and the individual's treatment plan for discharge. I also followed a strict documentation process to record and protect patient health information on PCH's proprietary documentation systems as well as accurately reporting acute changes in behavior, affect and development to the treatment team. One project that I worked on was to create opportunities for the individual treatment plan's goals to be integrated into the group milieu by increasing staff awareness and continuity of care efforts to streamline the details of the child's treatment aside from stabilization.

Prior to studying at Phoenix Seminary, I studied at Grand Canyon University (GCU) in Phoenix, Arizona between 2013 and 2015. At GCU I completed my Bachelor of Science of Psychology with a minor study in Biblical Studies in preparation to go to Phoenix Seminary. I graduated in 2015 with Cume lade Honors and was a member of Grand Canyon Servant Scholar's program (GCSS), which employs students as ambassadors for Christian character and campus ministry. GCSS also held monthly large group meetings, weekly small group meetings with assigned GCSS members, grade point average requirements and recorded ministry hours. I also studied abroad in Fiji during the summer of 2015 and my portfolio assignment was kept by the study abroad program as the standard for future students to look to as they compile their work for credit. Before attending GCU, I attended Mesa Community Honor's College for my prerequisite coursework for my Bachelor's degree.

Publications

I do not have any publications or manuscripts out for review at this time.

NCC Certification Explanation

In order to become a National Certified Counselor (NCC), I have voluntarily meet national standards in education, experience and conduct. To maintain my certification status, I must satisfy National Board of Certified Counselors (NBCC) requirements, including the completion of continuing education requirements and adherence to ethical standards. You can easily review the ethical standards of National Certified Counselors through the NBCC's Code of Ethics. NBCC also provides standards for counselors who provide distance professional services. National Certified Counselors must complete quality, verified continuing education in order to maintain their certification, which means staying current with developments and advances in the profession.

Conclusion

In all that I have done, I have worked intentionally for the next season. At GCU, I was focused on going to seminary and took on a Biblical Studies minor in efforts to prepare me for academic Biblical study. At Phoenix Seminary, I took on the Gottman clinical trainings to identify what researched interventions can benefit couples. I also worked at PCH with the forward intention of seeing acute care and symptomology; I went to PCH with the intention to learn and apply what I was learning in my Master's coursework. In the future, I see myself completing treatment trainings and certifications for The Gottman Method for Couple's Therapy and Intensive Short-Term Dynamic Therapy. Long term, I am interested in undergraduate/graduate school teaching, continued counseling practice and supervising the next generation of counselors and/or for specific therapeutic modalities.