

I am a California-licensed Marriage and Family Therapist (MFT) serving at Kaiser Permanente South Sacramento's Intensive Outpatient Program in Adult Psychiatry. I was nominated for an Annual Service Award in 2011, and in 2009 earned an Outstanding Service Award, as well as having achieved a Certificate of Effectiveness that same year. I serve on the Steering Committee and have been on Kaiser's Regional Best Practices committees for both Dual Diagnosis and Case Management. I also have facilitated groups for Adults Molested as Children and for Dual Diagnosis populations since 2002 and 2004, respectively. I facilitate Mindfulness Movement skills as well as occasional dream-work groups, in addition to seeing a regular patient caseload. I served on the Domestic Violence Committee at Kaiser South Sacramento until 2007 and served on the Quality Assurance Committee there for several years. I hold certification from the American Society of Clinical Hypnosis.

I earned my doctoral degree in clinical psychology at Saybrook University in San Francisco. Additionally, I am a published author of two books. *Carrying On: A workbook for women who've lost a pregnancy* was published in 2010, and *Dreams and Dream-like Experiences: Their role in spiritual emergence processes* was published in 2011. I have also published peer-reviewed journal articles and have been interviewed by online radio shows. I have presented on numerous psycho-educational topics in the community (such as the International Association for the Study of Dreams and the Society for Clinical and Experimental Hypnosis) and am in charge of the Continuing Education aspect of the training luncheons for Marriage and Family Therapists (MFTs) and Licensed Clinical Social Workers (LCSWs) at Kaiser South Sacramento. I also trained the post-doctoral residents on spiritual competency in therapy.

Roles and Responsibilities

- Provide therapy for intensive outpatient program patients and for adult psychiatry patients
- Facilitate groups & classes: Dual Diagnosis, Adults Molested as Children, Next Step Mindfulness Movement, Support Group
- Serve on Steering Committee; served on 2 Best Practices teams, Quality Assurance team, Spanish speaking providers team; Domestic Violence committee
- Dual Diagnosis liaison; trained post-doctoral residents in spiritual competency
- Run Continuing Education program for MFT's and LCSW's; obtained departmental provider number from Board of Behavioral Sciences
- Piloted outcomes study for Intensive Outpatient Case Management; achieved "off the charts" effect sizes

Professional Affiliations

- 35 by-lines in publications and 20+ presentations to providers of various social services in several counties throughout career
- Member of The American Society of Clinical Hypnosis (2011-2012)
- Teacher/facilitator of psychology course at University of Phoenix (Fall, 2011)
- Published *Dreams and Dream-like Experiences: Their role in spiritual emergence processes* (2011)

- Published *Carrying on: A workbook for women who've lost a pregnancy* (2010)
- Authored chapter of workbook in Spanish on medical terminology for psychiatry at Universidad Autonoma de Guadalajara (2006)
- Participated in Board of Behavioral Sciences Written Examination Passing Score workshop (2002)
- Earned California MFT license & became a Clinical Member of California Association of Marriage and Family Therapists; took supervision training (1999 & 2001)