

LICENSURE:

California Psychology License PSY 7973
California Marriage, Family, and Child Counseling License MFT 17769

EDUCATION:

1967 - 1971 San Ramon Valley Union High School, Danville, California
1971 - 1973 University of California, Santa Barbara, California (Psychology)
1973 - 1975 University of California, Berkeley, California, B.A. Psychology
1977 - 1981 California School of Professional Psychology, Berkeley, California
July 1979 - M.A.; October 1981 - Ph.D.

PROFESSIONAL WORK EXPERIENCE:

- 11/21 – present President and CEO of Journey to the Well Productions, Inc. Activities: Chief Executive , writer, photographer for journeytothewellproductions.com and its gift shop journeytothewellproductions.shop; this organization is dedicated to the contemplation of nature, the deepening of souls, and expanding our care for the earth.
- 1/83 - 2022 Private Practice in San Francisco (until 7/91), and Walnut Creek, CA. Activities: Individual and couple psychotherapy with adults; individual, family, and play therapy with children and adolescents; psychodiagnostic evaluation and neuropsychological evaluation with children, adolescents, and adults, supervision, and consultation. **Specialties:** sexual abuse and child abuse survivors, post traumatic stress disorders, separation and loss issues, chemical dependency, codependency, and ACA issues, depression, anxiety disorders, learning disabilities, ADHD.
- 8/83 - 7/85 Assistant Director of Children's Hospital of San Francisco Child and Family Treatment Center. 1789 45th Avenue, San Francisco, CA. Duties: Individual group, milieu, and family therapy with severely disturbed children in day treatment setting; diagnostic assessment intakes; supervision and training of interns; administration; Acting Director of program for five months.
- 9/80 - 5/84 Vocational Psychologist at San Mateo County Vocational Rehabilitation Services, 1300 Elmer St., Belmont, CA. Duties: Vocational assessment of mental health and General Assistance clients, consultation, program development, staff training.
- 2/82 - 12/82 Post Doctoral Fellow at Broadmoor Clinic, 2820 Broadmoor, Concord, CA. Duties: Psychological and neuropsychological assessment of adults and children, short term individual psychotherapy, neuropsychological assessment training, consultation.

- 9/79 - 7/81 Psychology Intern at San Mateo County Community Mental Health Center, Region III, APA Approved Training Program, 3700 Edison, San Mateo, CA. Duties: Short and long-term individual, couple, family, and group therapy, play therapy, milieu therapy with psychotics, psychological and intellectual assessment, sensorimotor integration group, consultation, seminars.
- 9/78 - 7/79 Psychotherapist at Pittsburg Community Mental Health Clinic, Antioch Branch, 510 W. 3rd St., Antioch, CA. Duties: Brief and long term individual, couple, and family therapy, play therapy, intake assessment, crisis intervention, consultation, staff meetings, seminars.
- 1/78 - 7/78 Counseling Assistant for Senior Citizens Social Services of San Francisco Housing Authority, 1815 Egbert St., San Francisco, CA. Duties: Intake, short-term individual, family, and group counseling with senior citizens in Tenderloin district.

TEACHING EXPERIENCE:

- 1993 Dissertation Reader, Adjunct Faculty, Greenwich University, Hilo, Hawaii.
- 1989 - 1990 Dissertation Committee Member, Adjunct Faculty, CSPP, Alameda, CA.
- 10/86 - 6/88 Seminar Instructor for Kairos, Unlimited, 6001 Camden, Oakland, CA. Duties: Led sexual abuse and child abuse diagnosis and treatment seminars for professional and paraprofessional staff of group home and residential treatment home for adolescents.
- 8/83 - 7/85 Director of Training at Children's Hospital of San Francisco Child and Family Treatment Center, 1789 45th Avenue, San Francisco, CA. Duties: Recruitment, scheduling, training, supervision, and evaluation of 4 pre- and post-doctoral psychology interns; instruction of weekly Child Assessment Seminar. Acting Director of weekly Clinical Case Seminar for five months.
- 1/82 - 5/82 Co-Instructor/Guest Lecturer with Dr. Louise Bettner at John F. Kennedy University, 12 Altarinda Road, Orinda, CA. Duties: Instruction and student guidance, preparation of course material and lectures, presentation of role plays, evaluation of students in graduate psychology courses.
- 9/80 - 7/81 Teaching Assistant Coordinator under Dr. Murray Bilmes, California School of Professional Psychology, 1900 Addison St., Berkeley, CA. Duties: Instruction and discussion group facilitation, assistance in preparation of course materials and examinations, evaluation of students, coordination of activities of three other teaching assistants.
- 6/77 - 9/77 Curriculum Developer for Resource Specialist Program for adolescents with learning disabilities, Acalanes Union High School District, 1212 Pleasant Hill

Road, Lafayette, CA. Duties: Developed American history curriculum materials for learning disabled students.

9/75 - 6/77 Instructional Aide to Resource Specialist Program for adolescents with learning disabilities, Acalanes Union High School District, 1212 Pleasant Hill Road, Lafayette, CA. Duties: Student instruction and supervision, organization of taped library, language deficit assessment, clerical tasks.

1/74 - 6/74 Child Care Teacher at Annahead II ASUC Child Care Center, 2437 Haste St., Berkeley, CA. Duties: Organization and supervision of preschoolers' activities, meals, program development, staff meetings.

PUBLICATIONS AND PAPER PRESENTATIONS:

(In Progress) Journey to the Well Productions.Com. A website of prose, poetry, and photography that moves the reader through monthly themed contemplation rooms. The website also provides monthly blog posts on the theme of the month, as well as quarterly blogs on caring for the earth.

9/83 "The Concept of An Illusion: Integration of Kris' and Winnicott's Approaches to the Creative Process." Presented at the International Conference of Psychology and the Arts, Cardiff, Wales.

8/83 "Illusion: Integrating Kris' and Winnicott's Approaches to the Creative Process": Presented at the 91st Annual Convention of the American Psychological Association, Anaheim, CA.

1978 Co-author of Test Items for The Later Years: Social Applications of Gerontology. Richard A. Kalish, ed., Monterey, CA: Brooks/Cole Publishing co., 1978.

CONTINUING EDUCATION AND TRAINING:

3/80 Narcissism: Kernberg/Kohut Symposium, University of California, San Francisco, CA.

2/82 - 12/82 Neuropsychology and Neuropsychological Assessment Training: weekly training seminar and workshop, provided by Jack Dawson, Ph.D., Broadmoor Clinic, Concord, CA.

1/83 - 4/83 Transference and Countertransference: weekly reading seminar, provided by analysts Dr. William Goodheart and Dr. Ron Spinka, Center for Integrative Psychoanalytic Studies, California School of Professional Psychology, Berkeley, CA.

1/84 Between Two Worlds: The Adolescent Dilemma: Conference, Children's Hospital of San Francisco Adolescent Day Treatment Center, San Francisco, CA.

10 C.E. Hours

- 9/84 Conference on Women: Symposium, Children's Hospital of San Francisco, San Francisco, CA.
- 10/84 Responding to Domestic Violence: Conference, W.O.M.A.N. Inc., San Francisco, CA.
- 11/84 The Use of Anatomically Correct Dolls in the Investigation and Treatment of Child Sexual Abuse: Workshop, Child Abuse Council, San Francisco, CA.
- 1/85 Confronting Family Members: Lecture by Patty McWilliams, Sexual Abuse Treatment Association, San Francisco, CA.
- 4/86 The Importance of Trauma in Psychic Development, Psychopathology, and Psychotherapy: Conference, Mt. Zion Psychotherapy Research Group, San Francisco, CA.
- 10/87 Breaking the Cycle of Child Abuse and Neglect: Seminar with Eliana Gill, Ph.D., Cambridge Graduate School, San Francisco, CA. 8 C.E. Hours
- 3/89 The Outpatient Treatment of the Alcoholic Patient: Symposium by the Mount Zion Psychotherapy Research Group, The Department of Psychiatry of Mount Zion Hospital, and the San Francisco Psychoanalytic Institute, Extension Division, with Dr. Stephanie Brown, San Francisco, CA.
- 8/92 Control Mastery Approach to the Treatment of Sexual Abuse Survivors: Symposium by Diane Raisman-Suffrage, American Psychological Association Convention, San Francisco, CA.
- 3/94 A Somatic-Emotional Approach to Post Traumatic Stress Disorder (PTSD): weekend course by Andrew Gootnick, U.C. Berkeley Extension, Berkeley, CA. 12 C.E. Hours
- 11/95 The Final Fix; The Addictive Voice: Seminar by Jack Tempey, Rational Recovery Systems, Sacramento, CA. 15 C.E. Hours
- 1/96 The Aging of the Brain; The Aging of the Mind: Seminar with Robert Sapolsky, Ph.D., Institute for CorTexT Research and Development, Berkeley, CA. 6 C.E. Hours
- 3/96 Listening to the Body; Understanding the Language of Stress-Related Symptoms: Seminar by John Madden, Ph.D., Institute for CorTexT Research and Development, Berkeley, CA. 6 C.E. Hours
- 11/96 Through the Courthouse Door . . . What Mental Health Service Providers Need to

- Know About the Legal System: Seminar by Richard Charles Marsh, Ph.D., Berkeley, CA. 6 C.E. Hours
- 11/97 A Biopsychosocial Approach to the Assessment and Treatment of People with HIV and AIDS: Workshop by Penelope Ziefert, Ph.D. and Peter Goldblum Ph.D., HMP, Santa Clara University, Santa Clara, CA. 7 C.E. Hours
- 11/97 Beyond Ritalin: Attention Deficit, Depression, and Food: Seminar by Marjorie R. Freedman, Ph.D., Institute for Natural Resources, Concord, CA. 6 C.E. Hours
- 11/97 The Immune System: Minding the Body, Embodying the Mind: Seminar by Margarte Kemeny, Ph.D., Institute for CorText Research and Development, Milpitas, CA. 6 C.E. Hours
- 5/98 Through the Courthouse Door... what mental health service providers need to know about Risk Management: Seminar by Richard Charles Marsh, Ph.D., Berkeley, CA. 6 C.E. Hours
- 6/98 Couples Therapy: Effective Dependency: Seminar by Daniel Wile, Ph.D., Apfelbaum-Wile Seminars, Berkeley, CA. 6 C.E. Hours
- 9/98 Advances in the Treatment of Attention Deficit Disorder in Children & Adults: A Seminar by Daniel Amen, M.D., Institute for the Advancement of Human Behavior, Napa, CA. 7 C.E. Hours
- 10/98 Enjoy a Thriving Fee-for-Service Private Practice Outside Managed Care: Seminar by Ofer Zur, Ph.D., Emeryville, CA. 6 C.E. Hours
- 10/98 The Art of Consulting: Seminar by Ofer Zur, Ph.D., Emeryville, CA. 6 C.E. Hours
- 10/99 Through the Courthouse Door ... what mental health service providers need to know about Risk Management: Interactions with the Patient: Seminar by Richard Charles Marsh, Ph.D., Oakland, CA. 6 C.E. Hours
- 11/99 The Natural Healers: Botanical & Behavioral Medicine: Seminar by Carol Jong, Ph.D., R.D., NuMedix, South San Francisco, CA. 6 C.E. Hours
- 5/00 Healing the Hardware of the Soul: A Mental Health Practioner's Guide to Understanding & Treating the Brain in Clinical Practice: Seminar by Daniel Amen, M.D., Institute for the Advancement of Human Behavior, San Francisco, CA. 7 C.E. Hours
- 2/01 Psychotherapy for Life-Threatening Illnesses: A Seminar by Catherine Classen, Ph.D. of the Stanford University School of Medicine and Louise Gaston, Ph.D. of Traumatys Inc., American Continuing Education, San Francisco, CA. 6 C.E.

Hours

- 4/01 Integrating Treatments for PTSD: A Seminar by Louise Gaston, Ph.D. of Traumatys Inc., American Continuing Education, San Francisco, CA. 6 C.E. Hours
- 5/01 The Mindful Practice: A Seminar by Roger Walsh, M.D., Ph.D. of the University of California, Irvine, R. Cassidy Seminars, Oakland, CA. 6 C.E. Hours
- 6/01 Managing Psychological Stress and Physical Pain: A 6 hour Seminar Using Techniques from Hatha Yoga: A Seminar by Lou Ellen Sherrill, Ph.D. of L.A. Psych, San Francisco, CA. 6 C.E. Hours
- 11/01 The Developing Mind in Psychotherapy; Relationships and Healing: A seminar by Daniel J. Siegel, M.D. of the University of California Los Angeles School of Medicine and the Center for Human Development, R. Cassidy Seminars, Oakland, CA. 6 C.E. Hours
- 6/02 Child & Family Law for Psychotherapists: A home study course provided by R. Cassidy Seminars. 6 C.E. Hours
- 12/02 The Healthy Healer: A seminar by Paul Brenner, M.D., Ph.D. of the University of California San Diego School of Medicine, Cortext Seminars, Oakland, CA. 6 C.E. Hours
- 2/03 Fatigue, Sleep and Energy: A seminar by Tracy Kuo, Ph.D. of Stanford University School of Medicine, Cortext Seminars, Concord, CA. 6 C.E. Hours
- 3/03 13th Annual Nelson Butters' West Coast Neuropsychology Conference: Innovations in the Assessment of Neurocognitive and Behavioral Impairments in School Age Children: University of California School of Medicine, San Diego, CA. 18 C.E. Hours
- 3/03 HIPAA Made Friendly: Distance Learning Course provided by Ofer Zur, Ph.D.. 4 C.E. Hours
- 11/03 Domestic Violence Assessment and Treatment: A seminar by Alyce LaViolette, M.S., Psycho-Legal Associates, Inc., Emeryville, CA. 7 C.E. Hours
- 11/04 Understanding the Aging Mind: Issues in Geriatric Mental Health Care: A seminar by Bill Cone, Ph.D., Professional Psych Seminars. Emeryville, CA. 6 C.E. Hours
- 1/05 Forgiveness: Counseling Children and Adults into a Healing Process: A seminar by James A. Fogarty, Ed.D., CMI Education Institute, Inc., Sacramento, CA. 6 C.E. Hours

- 9/05 When Success is a Cry for Help: A seminar by Charlotte Lewis, Ph.D., filmTx, San Rafael, CA. 7 C.E. Hours
- 10/05 HIPPA, The Final HHS Privacy Regulations and Medical Records: A seminar by Joe Borich III, JD, LLM, Cross Country Education, San Francisco, CA. 6 C.E. Hours
- 11/05 Moral & Spiritual Development in the Psychotherapy Process: A seminar by Charlotte Lewis, Ph.D., filmTx, San Rafael, CA. 6 C.E. Hours
- 11/05 Invoking the Sage; Choosing to Age Well: A seminar by Jonathan Young, Ph.D. and Anne Bach, M.S., MFT, Center for Story and Symbol, Santa Rosa, CA. 6 C.E. Hours
- 12/06 A 7 Day Chakra Plan for Overcoming Obstacles to Change: A seminar by Marcia Breitenbach, MA,LPC, PESI, LLC, San Francisco, CA. 6 C.E. Hours
- 6/07 Sex on the Brain; 12 Brain-Based Lessons to Help Couples Thrive in Intimacy: A seminar by Daniel Amen, M.D., Institute for the Advancement of Human Behavior, Newport Beach, CA. 6 C.E. Hours
- 11/07 The Soul of Ethics; Claiming Integrity From Within: A seminar by Jonathan Young, Ph.D., Center for Story and Symbol, San Francisco, CA. 6 C.E. Hours
- 12/07 The Divine Matrix: A seminar by Gregg Braden, Association for Humanistic Psychology, Millbrae, CA. 9 C.E. Hours
- 12/07 HeartMath Workshop: A workshop by Howard Martin, Association for Humanistic Psychology, Millbrae, CA. 4 C.E. Hours
- 1/08 The Brain and Behavior: A home study course by Daniel Amen, M.D., Institute for the Advancement of Human Behavior, 25 C.E. Hours
- 4/08 The Spiritual Dimension in Counseling, Therapy, & Life: A conference by the Sufi Psychology Association, U.C. Berkeley, Berkeley, CA 7 C.E. Hours
- 7/09 Energy Medicine for Women: A seminar and workshop with Donna Eden and David Feinstein, Ph.D., The Association for Humanistic Psychology, Los Angeles, CA 221.5 C.E. Hours
- 8/09 Creativity and Madness – Psychological Studies of Art and Artists. A conference of The American Institute of Medical Education, Santa Fe, NM 30 C.E. Hours

- 12/09 Ethics: Necessary and Essential Information for Mental Health and Related Healthcare Professionals, A seminar by Samara C. Kezele Fritchman, LMHC,JD, Ph.D., Oakland, CA 6 C.E. Hours
- 6/10 East Meets West: Integrating Psychotherapy, Neuroscience and Eastern Healing Traditions, a distance learning/on-line course by Professional Psych Seminars 6 C.E. Hours
- 2/11 HIPAA Compliance after the HITECH Act: Including Final Privacy and Security Rules and Medical Records, A Seminar by Richard D. Dvorak, J.D., Cross Country Education, Fresno, CA 6 C.E. Hours
- 3/11-4/11 The Arts of Mindfulness & Counseling Conference, A Faces Conference, La Jolla, CA 18 C.E. Hours
- 12/28/11 The Mindful Brain, An ISHK Continuing Education at Home for Psychologists, Los Altos, CA 12 C.E. Hours
- 2/13 The Art & Science of Mindfulness: Compassion Conference, A Faces Conference, San Diego, CA 19 C.E. Hours
- 12/13 Law and Ethics: The Therapist Legal Toolkit, a distance learning course by Michele Licht and Professional Psych Seminars 6 C.E. Hours
- 12/13 Using the DSM-5 for Revolutionizing Diagnosis & Treatment, a distance learning course by Susan Lewis, Ph.D., J.D. and CMI Education Institute 6 C.E. Hours
- 12/13 On Grief and Grieving, a distance learning course by David Kessler and CMI Education Institute 6 C.E. Hours
- 10/15 Ethics & Risk Management in the Age of the Affordable Care Act, Daniel Taube, Ph.D. and California Psychological Association 6 C.E. Hours
- 10/15 Attachment-Focused EMDR: Healing Developmental Deficits and Adults Abused as Children, Laurel Parnell, Ph.D. and Institute for Better Health 12 C.E. Hours
- 10/15 The Whole Brain Child Approach; Develop Kids' Minds and Integrate Their Brains for Better Treatment Outcomes, Daniel Siegel, M.D. and Tina Payne Bryson, Ph.D. and PESI 6 C.E. Hours
- 11/15 Shame and Self Loathing in the Treatment of Trauma, Janina Fisher, Ph.D. and PESI 6.0 C.E. Hours
- 11/15 100 Brain-Changing Mindfulness Strategies, Techniques & Skills for Clinical Application, Debra Burdick, LCSW, BCN and PESI 6.25 C.E. Hours

- 3/17 5th Annual San Diego Compassion & Wisdom Conference, A Faces Conference, San Diego, CA 17 C.E. Hours
- 7/17 Psychopharmacology in Plain English, Kenneth Carter Ph.D. and Vyne Education, Reno, NV 6 C.E. Hours
- 7/17-8/17 Polyvagal Theory: The Power of Feeling Safe, Stephen Porges, Ph.D. and Cape Cod Institute, Cape Cod, Massachusetts 15 C.E. Hours
- 12/17 An Ounce of Prevention: California Mental Health Ethics and the Law, Michael Flynn, JD, Ph.D. 6 C.E. Hours
- 8/18 Healing the Fragmented Selves of Trauma Survivors: Overcoming Shame and Self Alienation, Lana Epstein and The Cape Cod Institute, Cape Cod, Massachusetts. 15 C.E. Hours
- 12/18 Mindful Self Compassion, Christopher Germer, Ph.D. & Kristin Neff, Ph.D., University of California, Berkeley, CA. 11 C.E. Hours
- 7-8/19 Leading From Within: Conscious Living and Service, Gloria Burgess, Ph.D. and The Cape Cod Institute, Cape Cod, Massachusetts 15 C.E. Hours
- 10/19 The Habits of Stress Resilient People, Christopher Waugh, Ph.D., Institute for Brain Potential, Concord, CA 6 C.E. Hours
- 11/19 Ethics 2.0: When Clinical Goes Digital, Jeffrey Ashby, Ph.D. and PESI 6 C.E. Hours
- 11/19 High Risk Clients: Effectively Handle Five of the Most Critical Scenarios You'll Face as a Clinician, Paul Brasler and PESI 6 C.E. Hours
- 3/20 Telemental Health Issues During CoVID-19 Emergency Response, Roy Huggins Ph.D. and Zur Institute, Inc., 2 C.E. Hours
- 10/20 TeleMental Health: The New Standard – Ethical, Legal, Clinical, Technological, and Practice Considerations. Roy Huggins Ph.D. and Zur Institute, Inc., 12 C.E. Hours
- 11/20 Live Webinar: Law and Ethics: Practicing in Perilous Times, O. Brandt Caudill and Professional Psych Seminars, 6 C.E. Hours
- 12/20 Live Webinar: Suicide Prevention: New Interventions That Work, Susan Marie, PMHNP, Ph.D. and Professional Psych Seminars, 6 C.E. Hours
- 11/21 Neuroscience & Yoga in the Treatment of Trauma, Debra Alvis, Ph.D., Irina Diyankova, and PESI 12.5 C.E. Hours

RESEARCH EXPERIENCE:

- 1984 Cancer Thematic Apperception Test: Instrument for Treatment Planning and Research. Development of Cancer Thematic Apperception Test and scoring system, to determine attitudes, beliefs, defenses toward, coping mechanisms used, and meaning attributed to cancer, for use in treatment planning and research. Langley Porter Neuropsychiatric Institute and Children's Hospital of San Francisco, CA.
- Dissertation The Vicissitudes of Regression: Implications for the Individual and Society. A
1981 theoretical mapping of the constructs of adaptive and maladaptive regression, using Roy Schafer's action language model of psychoanalysis. Television commercials served as a source of illustrative data. California School of Professional Psychology, Berkeley, CA.
- 1978 A Phenomenological Study of Spirit Visitation. Exploration of the experience of being visited by the spirit of a deceased relative through in-depth phenomenological interviews and subsequent analysis. Masters Paper, California School of Professional Psychology, Berkeley, CA.
- 1974 The Development of Competence in a New Environment. As a participant observer, recorded daily observations of my own and preschoolers' behavior in child care center. Drew conclusions at the end of six months about one new child's and my own development of competence in a new environment. Field Studies Program, University of California, Berkeley.

PROFESSIONAL AFFILIATIONS:

- 1975 Phi Beta Kappa
1982 American Psychological Association
1990 National Register of Health Service Providers in Psychology

PROVIDER PANELS:

- Past Beacon Health Options (treatment)
Managed Health Network (treatment)
Magellan Behavioral Care (treatment)
Aetna (treatment)
Preferred Health Network (treatment)
Blue Shield of California (treatment)
Benefit Risk Management Services (assessment, treatment)
Health Care Foundation of San Francisco (treatment)
MCC (Ad-Hoc treatment provider)

City and County of San Francisco (treatment)
MHN1 - Tricare/Champus (treatment)
Beech Street/Concentra (treatment)
References Available Upon Request