

CHRISTINE M. DONOHUE, MA, MFT

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EDUCATION:

- 2015. Somatic Experiencing Trauma Institute.** Certificate of Completion. 216-hour Somatic Experiencing Professional Training. Three-year program.
- M.A. 2006. California Institute of Integral Studies.** Master of Arts, Somatic Counseling Psychology.
- 2002. Center for Intentional Living.** Certificate of Completion. Studies in: Psychodynamic, Humanistic and Transpersonal Psychology and Trauma Resolution. Three-year program.
- 2000. Barbara Brennan School of Healing.** Teacher Training Program. Two-year program.
- 1998. Barbara Brennan School of Healing.** Certificate in Professional Healing Science. Thesis: "The Journey Home Through Sacred Sound". Four-year program.
- B.S. 1989. University of Vermont.** Bachelors of Science, Environmental Studies Degree from School of Natural Resources. Honors: Cum Laude, Environmental Studies Program Annual Award. Thesis: "Food Packaging Reduction – A Preventive Approach to the Solid Waste Crisis". Teaching Assistant for International Environmental Studies Course.

CLINICAL EXPERIENCE:

- May 2016-Present** **Faculty Member: Barbara Brennan School of Healing, a four-year college that offers a Bachelor of Science Degree in Healing Science. Miami, FL.**
- Co-teach, evaluate, and advise a small class of 24 adult learners on neo-Reichian psychological proficiency, intra and interpersonal relationship aptitude, and advanced healing science skills.
 - Collaborate with 20 faculty members to innovate experientials, clinical practice demonstrations, and multi-media presentations for classes of 40-150 students.
 - Support group supervision, offer personal counseling, and facilitate weekly teleconferences.
 - Co-direct the Creative Healing Arts Department for the first and fourth years of the program and previously for the second year.
- Oct. 2007-Present** **Psychotherapist and Supervisor: Private Practice, Mill Valley, CA.**
- Provide psychotherapy to adults, adolescents, couples and families in individual and group settings using object relations, somatic, and transpersonal interventions.
 - Design and facilitate somatic-based trainings for MFT, LPCC, LCSW, Pre-Doc interns, psychotherapists, medical patients, care-providers, and body-workers throughout the SF Bay Area.
 - Provide individual and group clinical supervision to MFT interns as of 2011.
 - Specialize in trauma resolution, catalyzing thriving relationships, and life transitions.
- Dec. 2011-Present** **Associate Professor in Masters Degree Programs: CIIS, San Francisco, CA.**
- **Integrative Health Studies Program.** "Somatic Approaches to Establish Rapport".
 - **Community Mental Health Program.** "Case Management and Treatment Planning".
 - **Somatic Counseling Psychology Program.** "Group Supervised Clinical Practicum".
 - **Integral Counseling Psychology Program.** "Introduction to Treating Trauma", "Clinical Skills".
- June 2013–Sept. 2015** **Assistant Clinical Director: Community Institute for Psychotherapy (CIP). San Rafael, CA.**
- Group Supervisor: Supervised MFT interns weekly. Consulted clinical, crisis, administrative, and assessment processes. Performed evaluations every four months and oversaw individual supervisors.

- Director of Intern Training Program: Coordinated 90 intern trainings for three training cycles, provided 10-15 trainings to interns per for two training cycles, and managed training support staff for two cycles.
- Trainer, Intern Training Program. Taught “Balancing Theory With Not Knowing”, “Somatic Approaches to Working With Client Emotion”, “Working With Depression”, “Transference/Countertransference From An Attachment Perspective”, and “Money And Countertransference”.
- Trainer, Supervisors Training Program. Taught “Helping Interns Navigate Not Knowing Within the Clinical Hour”.
- Oversaw four CIP intern outreach programs including Canal Alliance, RotaCare Clinic, CA-Reentry Program at San Quentin State Prison, Eating Disorders Program, and Helen Vine Detox Center of San Rafael.
- Assisted agency wide quality assurance and clinical oversight activities with clinical director and other program directors. Co-planned agency-wide team building, staff planning, and volunteer efforts. Brainstormed professional development topics with other core staff and supported execution of plans.

July 2012 – Dec. 2012 Administrative Adjunct Faculty: California Institute of Integral Studies (CIIS), Integrative Health Studies Department. San Francisco, CA.

- Consulted with Chair of Integrative Health Studies Department in support of formulating a five-year program review. Six-month contract.
- Duties included: Updating alumni employment status; Creating a student focus group led by third party employee of CIIS; Designing Survey Monkey questionnaire for recent graduates; Compiling recent graduate CIIS survey results; Assimilating MAP core competencies for all IHL courses; Researching nationwide institutions for potential reviewers; Reviewing student internship evaluations for additional student input; Co-writing sections of Program Review with Chair of IHL Department.

July 2012 – Oct. 2012 Adjunct Faculty in Masters Degree Program: American College of Traditional Medicine. San Francisco, CA. Taught “Patient Counseling Techniques”.

Nov. 2009-July 2012 Military and Family Life Consultant: MHN Government Services. San Rafael, CA.

- Provided brief, solution-focused counseling and coaching to individual, couples, and families in the United States Military; responded to Duty to Warn situations.
- Facilitated psycho-educational presentations, staff trainings, and outreach via 150 presentation topics ranging from anger management, stress reduction, deployment/ reintegration issues, effective discipline for children, conflict resolution, and communication to groups between 4 to 350 participants.
- Consulted with day-care staff and parents regarding children 2-5 years old who exhibited challenging conduct; created behavioral modification and social skills-based intervention plans on a case-by-case basis.
- Interfaced with United States Army, Navy, Air Force and Marine Corps in locations that ranged throughout the United States to Asia and Europe.

July 2006-April 2009 Staff Intern Therapist and Teacher: Novato Youth Center. Novato, CA.

- Provided psychotherapy, with case management, to individuals, families, couples, and groups of culturally diverse populations ranging from 4 to 60 years old using family systems, couples therapy, cognitive behavioral therapy, parent-child interactive therapy (PCIT), play therapy, and somatic therapy.
- Worked proficiently with Medi-Cal procedures, treatment planning, and re-authorizations.
- Conducted intakes and taught 10-week “Parent Project” teen parenting curriculum twice annually.
- Co-facilitated “Girls Circle” groups and combined with Equestrian-Guided Leadership Program.
- Completed 45 hours of didactic training and clinically supervised work towards PCIT certification.

July 1997-Sept. 2007 Somatic Healing Practitioner/Counselor: Private Practice. Mill Valley, CA.

- Facilitated the personal transformation and improved physical conditions for individuals and groups via healing techniques, psychologically based interventions, and mindfulness practices.

July 2005- Aug. 2006 Staff Intern Therapist: Bay Area Community Resources. San Rafael, CA.

- Offered counseling services and case management to a culturally diverse population of adolescents at San Rafael High School, ages of 14-18, via individual sessions, group settings, and family interventions.

Feb. 2002-Sept 2003 Editor and Writing Assistant for Psychology Articles: Freelance. San Rafael, CA.

- Co-wrote, edited, and negotiated contract for the publication of: “Taking Your Work to the Next Level: Understanding the Relationship Between the Practitioner and Client”.

Feb. 1994-Dec. 1996 Co-Director and Fiscal Director: Woman Centered. Montpelier, VT.

- Raised yearly budget for local non-profit, without state or federal funding. Increased budget 69%.
- Provided immediate response to women in need through support groups, advocacy, and peer counseling. Co-facilitated high school women’s support group for teachers, students, and staff.

CERTIFICATIONS:

2016	Somatic Experiencing Practitioner.
2007	Girls Circle Facilitator.
2006	Parent Project Facilitator.
1998	Diamond Light School of Massage. Certificate in Massage Therapy.

ADDITIONAL CLINICALLY-BASED SOMATIC TRAININGS:

2012	Allan Schore Study Group. Oakland, CA. 2012-2013.
2001	Treating Trauma: An Integrative and Comprehensive Approach. Peter Levine, Ph.D. and Maggie Phillips, Ph.D. Esalen Institute. Big Sur, CA. January 13-18, 2001.
1996	Gestalt Month-long Study. Esalen Institute. Big Sur, CA. December 1996.

PROFESSIONAL LICENSES AND CREDENTIALS:

2014	Continuing Education Provider. California Board of Behavioral Sciences.
2009	Marriage and Family Therapist License. California Board of Behavioral Sciences.
2008-Present	Clinical Member, California Association of Marriage and Family Therapists, Marin Chapter.
2006-Present	Clinical Member, California Association of Marriage and Family Therapists.

PRESENTATIONS AND LECTURES:

January 2016	<i>Fundamentals of Trauma: Ways to Support Interns With Trauma Work in Psychotherapy.</i> Volunteer Trainer at Community Institute of Psychotherapy. San Rafael, CA.
December 2015	<i>Balancing Theory With Not Knowing.</i> Volunteer Trainer at Community Institute of Psychotherapy. San Rafael, CA.
March 2013	<i>Somatic Awareness and Stress Reduction.</i> Guest Lecturer in Institute for Holistic Health Studies, Department of Health Education. Relaxation and Stress Reduction Course. San Francisco State University. San Francisco, CA.
February 2013	Substitute Faculty in Somatic Counseling Psychology Department. Somatics and Society course, February 19 th and February 26 th . California Institute of Integral Studies (CIIS). San Francisco, CA.
March 2012	<i>Working with Couples.</i> Guest Lecturer in Community Mental Health Program (CMH). Couples and Family Therapy Course. CIIS. San Francisco, CA.
March 2012	<i>Getting Real About Relationships.</i> Marin Teen Girl Conference, San Rafael, CA.
December 2011	<i>Setting Healthy Boundaries (That Work!) During the Holiday Season.</i> Ida & Joseph Friend Cancer Resource Center, UCSF Helen Diller Family Comprehensive Cancer Center. San Francisco, CA. Listed as a “Preferred Presenter” at UCSF.
October 2011	<i>Interdisciplinary Approaches to Psychotherapy.</i> Guest Lecturer in CMH. Developmental Psychology Course. CIIS. San Francisco, CA.

October 2011	<i>Strengthen Self-Esteem by Journeying With the Impacts of Shame, Guilt and Embarrassment.</i> Center for Somatic Psychotherapy. San Francisco, CA.
October 2011	<i>Somatic Approaches to Establish Rapport.</i> Guest Lecturer in Integrative Health Studies Department. Communication Course. CIIS. San Francisco, CA.
May 2010	<i>Somatic Assessment and Clinical Relationship.</i> Center for Somatic Psychotherapy. San Francisco, CA.
May 2010	<i>Somatic Assessment and Clinical Relationship.</i> Apple Family Works. San Rafael, CA.
March 2009	<i>Psychotherapeutic Approaches to Working with Parents of Strong-Willed Adolescents.</i> Novato Youth Center. Novato, CA.
November 2008	<i>Somatic Approaches to Adolescent Psychotherapy.</i> Guest Lecturer in Somatic Psychology Department. Child Therapy Course. CIIS. San Francisco, CA.
October 2007	<i>Somatic Approaches to Adolescent Psychotherapy.</i> Guest Lecturer in Somatic Psychology Department. Child Therapy Course. CIIS. San Francisco, CA.
March 2007	<i>Relational Somatic Healing: A Transformative Model.</i> Drinking Driving Program, Bay Area Community Resources. San Rafael, CA.
January 2006	<i>Relational Somatic Healing: A Transformative Model.</i> Institute of Noetic Sciences. Petaluma, CA.
April 2005	<i>Body-Centered Approaches to Working With Anxiety, Depression, and Post Traumatic Stress Disorder.</i> Marin Treatment Center. San Rafael, California.
2004 -2009	<i>The Art of Knowing.</i> Taught throughout the Bay area and the United States.
2002 -2009	<i>The Transformational Power of Toning: Exploring the Uncharted Territory of Your Own Voice.</i> Taught throughout the San Francisco Bay Area and in Holland.

VOLUNTEER WORK AND AFFILIATIONS

1997-Present	Participant, Mill Valley Shamanic Drumming Group. Mill Valley, CA.
2012	Usher and Public Information Volunteer, Mill Valley Film Festival. Mill Valley, CA.
2011	California Statewide Collaborative for our Military and Families.
2004 -2005	Student Representative, California Institute of Integral Studies. San Francisco, CA.
2004	Parent Mentor, Family Services Agency of Marin. San Rafael, CA.
1997-2001	Organizer, Northern California Dance Collective. Berkeley, CA.
1992 -1996	Independent Living Skills Program Volunteer, Association of Cerebral Palsy. Montpelier, VT.