

# CHRISTINE M. DONOHUE, MA, MFT

239 Miller Avenue, Suite 5 Mill Valley, CA 94941

(415) 721-7217

christine@christinedonohue.com

## EDUCATION:

- 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, School of Natural Resources.  
Thesis: "Food Packaging Reduction – A Preventive Approach to the Solid Waste Crisis".  
Teaching Assistant for International Environmental Studies Course.  
Honors: Cum Laude, Environmental Studies Program Annual Award.

## CLINICAL EXPERIENCE:

- July 2013 – Present**   **Assistant Clinical Director: Community Institute for Psychotherapy (CIP), San Rafael, CA.**
- Group Supervisor: Supervise MFT interns weekly and consult regarding clinical, administrative, and assessment processes. Perform evaluations every four months and oversee individual supervisors.
  - Director of Intern Training Program: Coordinate 140 intern trainings per year for three intern tracks, recruit volunteer trainers, provide 10-15 trainings to interns per year, and manage intern support staff.
  - Outreach Program Supervisor. Oversee three outreach programs including Canal Alliance Support, Helen Vine Substance Abuse Outreach, and CBT/DBT Support/Seeking Safety Group Program.
  - Interview new prospective interns and consult with core staff to determine placement.
  - Assist in agency wide quality assurance and clinical oversight activities with Clinical Director and other Program Directors. Co-plan agency-wide team building, staff planning, and volunteer efforts.
  - Brainstorm professional development program topics with core staff and support 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".
- Dec. 2011-Present**   **Associate Professor in Masters Degree Programs: CIIS, San Francisco, CA.**
- **Integrative Health Studies Program.** "Somatic Approaches to Establish Rapport". January 2012.
  - **Community Mental Health Program.** "Case Management and Treatment Planning". August 2012.

- **Somatic Counseling Psychology Program.** “Group Supervised Clinical Practicum”. Teach three courses per academic year.

- 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.
- 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 interns, psychotherapists, medical patients, care-providers, and body-workers throughout the SF Bay Area.
  - Provide individual and group clinical supervision to MFT interns.
  - Specialize in trauma resolution, catalyzing thriving relationships, and life transitions.
- 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”.
- Aug. 1998-June 2003 Faculty Member: Barbara Brennan School of Healing, a four-year college that offers a Bachelor of Science Degree in Healing Science. Miami, FL.**
- Taught, evaluated, and advised a small class of 24 adult learners on neo-reichian psychological proficiency, intra and interpersonal relationship aptitude, and advanced healing science skills.
  - Collaborated with 20 faculty members to innovate experientials, clinical practice demonstrations, and multi-media presentations for classes of 150 students.
  - Supported group supervision, offered personal counseling, and facilitated weekly teleconferences.
  - Co-directed the Creative Healing Arts Department for the second year of the program.
- 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:

- 2007                      **Girls Circle Facilitator.**  
2006                      **Parent Project Facilitator.**  
1998                      **Diamond Light School of Massage. Certificate in Massage Therapy.**

## ADDITIONAL CLINICALLY-BASED SOMATIC TRAININGS:

- 2013                      **Somatic Experiencing Professional Training Program, Tiburon, CA. February 2013 – Present.**  
2012                      **Allan Schore Study Group. Oakland, CA. September 2012 – Present.**  
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:

- 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:

- March 2013              ***Somatic Awareness and Stress Reduction.* 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<sup>th</sup> and February 26<sup>th</sup>. California Institute of Integral Studies (CIIS). San Francisco, CA.**
- March 2012              ***Working with Couples.* Guest Lecturer in Community Mental Health Program (CMH). Couples and Family Therapy Course. CIIS. San Francisco, CA.**
- March 2012              ***Getting Real About Relationships.* Marin Teen Girl Conference, San Rafael, CA.**
- December 2011           ***Setting Healthy Boundaries (That Work!) During the Holiday Season.* 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            ***Interdisciplinary Approaches to Psychotherapy.* Guest Lecturer in CMH. Developmental Psychology Course. CIIS. San Francisco, CA.**
- October 2011            ***Strengthen Self-Esteem by Journeying With the Impacts of Shame, Guilt and Embarrassment.* Center for Somatic Psychotherapy. San Francisco, CA.**
- October 2011            ***Somatic Approaches to Establish Rapport.* Guest Lecturer in Integrative Health Studies Department. Communication Course. CIIS. San Francisco, CA.**
- May 2010                ***Somatic Assessment and Clinical Relationship.* Center for Somatic Psychotherapy. San Francisco, CA.**
- May 2010                ***Somatic Assessment and Clinical Relationship.* Apple Family Works. San Rafael, CA.**
- March 2009              ***Psychotherapeutic Approaches to Working with Parents of Strong-Willed Adolescents.* Novato Youth Center. Novato, CA.**
- November 2008           ***Somatic Approaches to Adolescent Psychotherapy.* Guest Lecturer in Somatic Psychology Department. Child Therapy Course. CIIS. San Francisco, CA.**

- October 2007**      ***Somatic Approaches to Adolescent Psychotherapy.*** Guest Lecturer in Somatic Psychology Department. Child Therapy Course. CIIS. San Francisco, CA.
- March 2007**      ***Relational Somatic Healing: A Transformative Model.*** Drinking Driving Program, Bay Area Community Resources. San Rafael, CA.
- January 2006**      ***Relational Somatic Healing: A Transformative Model.*** Institute of Noetic Sciences. Petaluma, CA.
- April 2005**      ***Body-Centered Approaches to Working With Anxiety, Depression, and Post Traumatic Stress Disorder.*** Marin Treatment Center. San Rafael, California.
- 2004-2009**      ***The Art of Knowing.*** Taught throughout the Bay area and the United States.
- 2002-2009**      ***The Transformational Power of Toning: Exploring the Uncharted Territory of Your Own Voice.*** Taught throughout the San Francisco Bay Area and in Holland.

### **VOLUNTEER WORK AND AFFILIATIONS**

- 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.**
- 1997-2000**      **Organizer, Northern California Dance Collective. Berkeley, CA.**
- 1997-Present**      **Participant, Mill Valley Shamanic Drumming Group. Mill Valley, CA.**
- 1993-1996**      **Independent Living Skills Program Volunteer, Association of Cerebral Palsy. Montpelier, VT.**