

# 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, Aug. 1998-June 2003 Faculty Member: Barbara Brennan School of Healing, a four-year college that offers Bachelor of Science Degree in Healing Science. St. Augustine, FL.**
- Design, direct, and execute Creative Healing Arts curriculum for Year 1 and Year 4 students throughout all 5 residential learning modules.
  - Co-teach, evaluate, and advise a small class of 16-24 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.
  - Facilitate group supervision, group personal process, and facilitate weekly teleconferences.
- 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 on 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 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:**

2014-2015	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, LECTURES, MASTER CLASSES, RITUALS AND CEREMONIES:**

June 2017	<i>Bridging Polarities With The Unitive Field: Ancestors, Earth, Self, and Other.</i> Creative Arts. Barbara Brennan School of Healing. St. Augustine, FL.
June 2017	<i>Coming Home to Your True Self: Seeing Yourself With Eyes of Deep Compassion.</i> Creative Arts. Barbara Brennan School of Healing. St. Augustine, FL.
June 2017	End of year ceremony.
April 2017	<i>Multi-dimensional Embodiment in Service of Co-Creation in Community.</i> Creative Arts. Barbara Brennan School of Healing. St. Augustine, FL.
April 2017	End of year ceremony
February 2017	<i>Fluid Consciousness: Connecting Cerebral Spinal Fluid with the Cosmos.</i> Creative Arts. Barbara Brennan School of Healing. St. Augustine, FL.
February 2017	_____ Creative Arts. Barbara Brennan School of Healing. St. Augustine, FL.
February 2017	<i>Trauma in the Healing Room: 3+ Fundamental Resources in Support. 3 Pitfalls to Avoid.</i> Master Class to audience of 100+ students. Barbara Brennan School of Healing. St. Augustine, FL.

- October 2016 *“Presence” as a Felt-sense: Tracking Your Internal Experience in Relationship to the External Environment & Moving from the Unknown to the Known.* Creative Arts. Barbara Brennan School of Healing. St. Augustine, FL.
- October 2016 *Embodying “Essence”, An Allie to Express Yourself Professionally and Personally.* Creative Arts. Barbara Brennan School of Healing. St. Augustine, FL.
- December 2016 *Stillness to Impulse to Creation.* Creative Arts. Barbara Brennan School of Healing. St. Augustine, FL.
- December 2016 *Entering Cellular “Nothingness” Via Your Breath.* Creative Arts. Barbara Brennan School of Healing. St. Augustine, FL.
- January 2016 *Fundamentals of Trauma: Ways to Support Interns With Trauma Work in Psychotherapy.* Volunteer Trainer at Community Institute of Psychotherapy. San Rafael, CA.
- December 2015 *Balancing Theory With Not Knowing.* Volunteer Trainer at Community Institute of Psychotherapy. San Rafael, CA.
- 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**

- 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.