

# CHRISTINE M. DONOHUE, MA, MFT, SEP

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## EDUCATION:

**Brainspotting International.** Certified Brainspotting Therapist.

**Somatic Experiencing Trauma Institute.** Certificate of Completion. 220-hour Somatic Experiencing Professional Training. Three-year program.

**M.A.**

**California Institute of Integral Studies.** Master of Arts, Somatic Counseling Psychology.

**Center for Intentional Living.** Certificate of Completion. Studies in: Object Relations, Humanistic and Transpersonal Psychology, Trauma Resolution. Three-year program.

**Barbara Brennan School of Healing.** Teacher Training Program. Two-year program.

**Barbara Brennan School of Healing.** Certificate in Professional Healing Science. Four-year program.

**B.S.**

**University of Vermont.** Bachelor of Science, Environmental Studies Degree, School of Natural Resources. Honors: Cum Laude, Teaching Assistant for International Environmental Studies Course.

## CLINICAL EXPERIENCE:

**Somatic Psychotherapist and Supervisor: Private Practice, Mill Valley, CA, all of CA and New Jersey.**

- Provide psychotherapy to adults, couples and families in individual and group settings using object relations, somatic, and transpersonal interventions. Telehealth-only starting March 2020 to present.
- 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 and U.S.
- Provide individual and group clinical supervision to California MFT interns as of 2011.
- Specialize in trauma resolution, anxiety and depression, and catalyzing thriving relationships.
- CA Continuing Education Provider CAMFT from March 9, 2018-March 2, 2020. CEPA.

**Faculty Member | Creative Arts Director: Barbara Brennan School of Healing, a four-year college that offers Bachelor of Science Degree in Healing Science. St. Augustine, FL.**

- Designed, directed, and executed Creative Healing Arts curriculum for Year 1 and Year 4 students throughout all 5 residential learning modules 2016-2017.
- Taught, evaluated, and advised a small class of 16-24 adult learners on neo-Reichian psychological proficiency, intra and interpersonal relationship aptitude, and advanced healing science skills for 7 years.
- Collaborated with 20 faculty members to innovate experientials, clinical practice demonstrations, and multi-media presentations for classes of 40-150 students.
- Facilitated group supervision, group personal process, and facilitated weekly teleconferences.

**Associate Professor, Master Degree Programs: California Institute of Integral Studies, 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”.

**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 support staff.
- Designed and 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” for Intern Training Program.
- Designed and Taught: “Helping Interns Navigate Not Knowing Within Clinical Hour” for Supervisors Training Program.
- Oversaw four CIP intern outreach programs including Canal Alliance, RotaCare Clinic, CA-Reentry Program-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.

**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 five-year program review. Six-month contract.
- Duties included: Updated alumni employment status; created a student focus group led by third party employee of CIIS; designed survey and compiled results of questionnaire for recent graduates; assimilated MAP core competencies for all IHL courses; researched nationwide institutions for potential reviewers; reviewed student internship evaluations for additional input; co-wrote sections of Program Review with Chair.

**Military and Family Life Consultant: MHN Government Services. San Rafael, CA.**

- Provided brief, solution-focused counseling and coaching to individual, couples, and families in 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 throughout U.S., Asia and Europe.

**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.

**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.

**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.

**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".

**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:**

**Certified Brainspotting Therapist**

**Certified Somatic Experiencing Practitioner.**

**Certified Girls Circle Facilitator.**

**Certified Parent Project Facilitator.**

**Center for Intentional Living.** Certificate of completion of 3-year course.

**Certified Massage Therapist.**

**Certified Brennan Healing Science Practitioner.**

**ADDITIONAL CLINICALLY-BASED SOMATIC TRAININGS:**

Clinical Applications of the Polyvagal Theory: Trauma, Attachment, Self-Regulation, and Emotions. Stephen Porges, PhD Dedham, MA. 1-day training.  
Eye of the Needle, Part II. Peter Levine. Corte Madera, CA. 7-day training  
Eye of the Needle. Part I. Peter Levine. Corte Madera, CA. 5-day training.  
Womb Surround. Ray Castellino. Ojai, CA. 5-day training.  
Allan Schore Study Group. Oakland, CA.  
Treating Trauma: An Integrative and Comprehensive Approach. Peter Levine, Ph.D. and Maggie Phillips, Ph.D. Esalen Institute. Big Sur, CA. 5-day training.  
Gestalt Month-long Study. Esalen Institute. Big Sur, CA.

## **PROFESSIONAL LICENSES AND CREDENTIALS:**

Member of Brainspotting International.  
Member of Somatic Experiencing Institute.  
Member of Psychology Today.  
Marriage and Family Therapist License. California Board of Behavioral Sciences.  
Clinical Member, California Association of Marriage and Family Therapists, Marin Chapter.  
Clinical Member, California Association of Marriage and Family Therapists.  
Previous Continuing Education Provider. CAMFT CEPA.  
Previous Continuing Education Provider. California Board of Behavioral Sciences.

## **PRESENTATIONS, LECTURES, MASTER CLASSES, RITUALS AND CEREMONIES:**

NorCA SEP Association, by Invite: *Working with Complex PTSD Developmental Wounds in Individual Therapy: Utilizing SE Skills & Gestalt Parts Work to Help Clients Grow Their Relationship to Self.* Online.  
*Trauma: Key Fundamentals and Essential Steps Towards Healing.* San Rafael. CA.  
*Trauma: Key Fundamentals and Essential Steps Towards Healing.* Oakland. CA.  
*Trauma: Key Fundamentals and Essential Steps Towards Healing.* Oakland. CA.  
*Navigating Trauma: 3 Fundamental Resources and 3 Pitfalls to Avoid.* Oakland, CA.  
Institute of Noetic Sciences. *Hands of Light: Introduction to Brennan Healing Science.* Petaluma, CA.  
*Hands of Light: Introduction to Brennan Healing Science.* Carmel, CA.  
Creative Arts Director Curriculum at Barbara Brennan School of Healing (BBSH). *Bridging Polarities via the Unitive Field: Ancestors, Earth, Self, and Other.* St. Augustine, FL.  
Creative Arts Director Curriculum at BBSH. *Coming Home to Your True Self: Seeing Thru Eyes of Deep Compassion* St. Augustine, FL.  
Creative Arts Director Curriculum at BBSH. End of year ceremony. BBSH. St. Augustine, FL.  
Creative Arts Director Curriculum at BBSH. *Multi-dimensional Embodiment in Service of Community and Co-Creation.* St. Augustine, FL.  
Creative Arts Director Curriculum at BBSH. *Fluid Consciousness: Connecting Your Cerebral Spinal Fluid with the Cosmos.* St. Augustine, FL.  
Creative Arts Director Curriculum at BBSH. *Energetics of Performance: Healing the Creative Wound.* St. Augustine, FL.  
Barbara Brennan School of Healing Master Class, by Invite. *Engaging Trauma in the Healing Room: 3 Fundamental Resources. 3 Pitfalls to Avoid.* St. Augustine, FL.  
Creative Arts Director Curriculum at BBSH. *“Presence” as a Felt-sense: Tracking Your Internal Experience in Relationship to the External Environment.* St. Augustine, FL.  
Creative Arts Director Curriculum at BBSH. *Embodying “Essence”: An Allie to Express Yourself Professionally and Personally.* St. Augustine, FL.  
Creative Arts Director Curriculum at BBSH. *Stillness to Impulse to Creation.* St. Augustine, FL.  
Creative Arts Director Curriculum at BBSH. *Entering Cellular “Nothingness” Via Your Breath.* St. Augustine, FL.  
Community Institute of Psychotherapy. *Fundamentals of Trauma: Ways to Support Interns with Trauma Work in Therapy.* Community Institute of Psychotherapy. San Rafael, CA.  
Community Institute of Psychotherapy, by Invite. *Balancing Theory with Not Knowing.* San Rafael, CA.  
Guest Lecturer in Institute for Holistic Health Studies, Department of Health Education. *Relaxation and Stress Reduction Course. Somatic Awareness and Stress Reduction.* San Francisco State University. San Francisco, CA.  
Marin Teen Girl Conference, by Invite. *Getting Real About Relationships.*, San Rafael, CA.  
Ida & Joseph Friend Cancer Resource Center, UCSF Helen Diller Family Comprehensive Cancer Center, by Invite. *Setting Healthy Boundaries (That Work!) During Holiday Season.* San Francisco,

CA. Listed as a “Preferred Presenter” at UCSF.  
Guest Lecturer in CMH. Developmental Psychology Course. CIIS, by Invite. *Interdisciplinary Approaches to Psychotherapy*. San Francisco, CA.  
Center for Somatic Psychotherapy, by Invite. *Strengthen Self-Esteem by Journeying with Impacts of Shame, Guilt and Embarrassment*. San Francisco, CA.  
Guest Lecturer in Integrative Health Studies Department. Communication Course. CIIS. *Somatic Approaches to Establish Rapport*. San Francisco, CA.  
Center for Somatic Psychotherapy, by Invite. *Somatic Assessment and Clinical Relationship*. San Francisco, CA.  
Apple Family Works. *Somatic Assessment and Clinical Relationship*. San Rafael, CA.  
Novato Youth Center. *Psychotherapeutic Approaches to Working with Parents of Strong-Willed Adolescents*. Novato, CA.  
Guest Lecturer in Somatic Psychology Department. Child Therapy Course. CIIS. *Somatic Approaches to Adolescent Psychotherapy*. San Francisco, CA.  
Drinking Driving Program, Bay Area Community Resources, by Invite. *Relational Somatic Healing: A Transformative Model*. San Rafael, CA.  
Institute of Noetic Sciences, by Invite. *Relational Somatic Healing: A Transformative Model*. Petaluma, CA.  
Marin Treatment Center. *Body-Centered Approaches to Working with Anxiety, Depression, and Post Traumatic Stress Disorder*. San Rafael, California.  
*The Art of Knowing*. Taught throughout the Bay area and the United States.  
*The Transformational Power of Toning: Exploring the Uncharted Territory of Your Own Voice*. Taught throughout the San Francisco Bay Area and in Holland.