

SUZANNE M. ZILBER

Catalyst Counseling, P.L.L.C.
600 Fifth St. Suite 302
Ames, Iowa 50010
515-232-5340

EDUCATION

THE OHIO STATE UNIVERSITY, Columbus
Doctor of Philosophy, Counseling Psychology, August 1990
Master of Arts, Counseling Psychology, September 1988

DUKE UNIVERSITY, Durham, North Carolina
Bachelor of Arts, Psychology, May 1985
Magna Cum Laude

LICENSE: State of Iowa, No. 00661 (since 1991)

SENSORIMOTOR PSYCHOTHERAPY INSTITUTE, Broomfield, Colorado
Certified in Sensorimotor Psychotherapy, January 2015

HONORS

Woman of Achievement Award–Professional Category, YWCA of Ames-ISU, 2004
Honorary Lavender Graduate, Lesbian Gay Bisexual Transgender Student Services, ISU, 2002
Award for Outstanding Service to Trio Programs, ISU, 1998
Certificate of Recognition, Student Affairs Human Relations Committee, ISU, 1997
Who's Who of American Women, 1992
Graduate School Leadership Award, The Ohio State University, 1989
University Fellowship, The Ohio State University, 1985 to 1986
Phi Beta Kappa National Honor Society, 1985
Rotary International Exchange Scholarship to Sweden, 1980 to 1981

CLINICAL EXPERIENCE

Private Practice Psychologist. Catalyst Counseling, P.L.L.C., Ames, Iowa, January 2005 to present.

Individual psychotherapy for adults and adolescents and couples and group psychotherapy for adults. Supervise practicum student in group therapy. Veteran's Compensation and Pension examiner October 2016-present (Veterans Evaluation Services). Clinical specialties: trauma, eating disorders, career counseling, gender and multicultural issues.

Intern Training Coordinator. Student Counseling Service, Iowa State University, June 2004 to December 2004.

Coordinate an APA approved pre-doctoral internship with three interns. Chair training committee. Provide individual, couples, and group psychotherapy, consultation, crisis intervention, and training. Supervise trainee and staff clinical work.

Training Director. Student Counseling Service, Iowa State University, January 2002 to March 2004.

Coordinate practicum program and an APA approved pre-doctoral internship with four interns and then three interns. Facilitate intern case conference. Chair training committee. Provide individual, couples, and group psychotherapy, consultation, crisis intervention, and training. Supervise trainee and staff clinical work.

Practicum Training Coordinator. Student Counseling Service, Iowa State University, July 1999 to December 2001.

Provide individual, couples, and group psychotherapy. Coordinate beginning and advanced practicum student counselors. Teach practicum class. Co-teach intern supervision of supervision seminar. Supervise trainee and staff clinical work. Conduct outreach and train staff and trainees on various topics. Serve on training committee. Train student facilitators to conduct workshops on diversity and enhancing inter-racial communication. Liaison to various offices and College of Liberal Arts and Sciences. Chaired search committee for assistant director for clinical services.

Staff Psychologist and Career Exploration Coordinator. Student Counseling Service, Iowa State University, August 1990 to May 1998

Provided individual, couples, and group psychotherapy. Determined policies and resource usage for career development services. Supervised graduate assistant, interns, and practicum students. Conducted outreach and trained staff and trainees on career and various topics. Liaison with Career Services Council, YWCA, Student Affairs, and athletic services. Public speaking at rape, coming out day rallies and local television programs. Served on clinical policy, training, education, and diversity committees. Chaired search committee for staff psychologists twice. Developed and administered program to train student facilitators to conduct workshops on diversity and enhancing inter-racial communication with peer education coordinator.

Disaster Counselor (Mental Health Technician). Red Cross, Ames and Des Moines, Iowa, July to August 1993.

Received training and provided crisis counseling to flood survivors and Red Cross volunteers. Recruited and coordinated counselors to provide direct services. Granted media interviews and served on a television panel.

Psychology Intern. Counseling and Mental Health Center, The University of Texas at Austin, August 1989 to July 1990. Paid full-time. APA Approved Internship.

Provided individual and couples short-term and long-term psychotherapy. Co-lead women's therapy, Hispanic women's support, lesbian support, and long term coed therapy groups. Supervised an advanced practicum student 2 hours weekly. Participated in eating disorders treatment team.

Career Counselor. Career Services, Colleges of the Arts and Sciences, The Ohio State University, September 1988 to June 1989. Paid half-time.

Provided individual career counseling to students in eleven social sciences majors. Facilitated workshops on career exploration, resume writing, employment correspondence, interviewing, and job search skills.

Selected DEVELOPMENTAL PROGRAMS PRESENTED

Iowa State University

- Career Awareness Through Self-Assessment
- Enhancing Communication Between Black and White Women
- Exploring White Identity Development
- Body Image and Eating Disorders
- Reducing the Odds of Sexual Assault (for women)
- Sexual Consent and the Believable Yes (for men)
- Creating Your Dating Checklist
- Self-Esteem: Character and Integrity
- Relationship and Coming Out Issues for Gay, Lesbian, Transgender and Bisexual students

CONSULTING EXPERIENCE

Organizational Trainer and Consultant. Ames, IA. January 2001 to January 2002. Provided training and facilitation on conflict for staff in two non-profit organizations. Conducted individual assessments with staff to provide intervention plan. Provided advice to directors and board of directors. Facilitated board meetings related to staff performance issues. Conducted small group team building sessions.

Organizational Trainer and Consultant, Ames, IA. October 2014-January 2017. Provide assessment, training, mediation, and recommendations to emergency communications staff and supervisors.

TEACHING EXPERIENCE

Practicum Instructor. Psychology Department, Iowa State University, Fall 1992, Spring 1993 & 1994, Fall 1999, 2000, & 2001.

Created syllabus and co-taught graduate students in counseling psychology about case conceptualization, case management, psychotherapy technique, and agency policies and procedures. Received Adjunct Assistant Professor status Fall 1994.

Graduate Teaching Associate. Psychology Department, The Ohio State University, Columbus, August 1986 to June 1988. Taught a total of 200 students.

Taught "The Psychology of Academic and Personal Effectiveness". Wrote and delivered lectures, facilitated group discussion, constructed tests, and evaluated student performance.

Guest Lecturer.

Iowa State University

Career Theory into Practice

Multi-Cultural Issues in Psychotherapy

Social Class Issues in Psychotherapy

Overcoming Internal and External Barriers to Achievement for Women in the Sciences

Multi-cultural Issues for Mediation: Center for Creative Justice, Ames, Iowa

Unitarian Universalist Fellowship of Ames

Toward Greater Worker Justice

Helping: the Original Ethical Dilemma

E-Motion: Energy for Motion

Coping with Disaster

The Power of Self-Determination and Connection

Being a Welcoming Congregation

Jewish Perspectives on Guilt and Redemption

Our Whole Lives: Sexuality education for 7th and 8th graders – one semester

Psychology Department, Ohio University, Zainesville, February 1988.

Co-taught 2 undergraduate lectures on gender roles.

RESEARCH, CONFERENCE PRESENTATIONS, AND PUBLICATIONS

Zilber, S.M and Moualeu, N. (2020, July 1) Black and White Identity Stages and Activism. 90 minute workshop for Midwest Unitarian Universalist Summer Assembly by Zoom.

Zilber, S.M. (2017, January 29) Interfaith Dialog on Wealth Equality, Class and Classism. 4 hour workshop for 6 faith groups. Cedar Valley Unitarian Universalists, Cedar Falls, IA.

Kelly, K.C & Zilber, S.M. (2016, October) Organizing for Change: Addressing Classism in Your Faith Community. A full day workshop of UU Class Conversations. First Unitarian Universalist Church of Rochester, MN.

Zilber, S.M. (2015, Sept. 26) Class Sensitive Counseling. Iowa State University Counseling Psychology Department, Ames, IA

Zilber, S.M. (2016, April – 5th edition) Class Conscious: Class and Classism in UU Life. A 10.5 hour written curriculum for use by Unitarian Universalist congregations and organizations. Recommended in the national UU Association Study Guide for the Escalating Inequality Congregational Study Action Issue. Available for free at www.uufames.org/content/class-conscious. Partially funded by the Unitarian Sunday School Society. First edition, December 2014.

- Zilber, S.M. (2015, July) Class Conscious: Class and Classism in UU Life – 8 hours. Midwest Unitarian Universalist Summer Assembly. Potosi, MO.
- Zilber, S.M., McCargo, C., Kelly, K.C., & Barnes, L. (2015, June) Class Conscious: Class and Classism in UU Life- a Curriculum Overview. General Assembly, Unitarian Universalist Association, Portland, OR.
- Moorehead, D. & Zilber, S.M. (2015, May) Organizing for Change: Addressing Classism in Your Faith Community. A full day workshop of UU Class Conversations. First Parrish Unitarian Universalist of Arlington, MA.
- Emerson, D.M. , Kelly, K.C., Zilber, S.M. (February, 2015) UUs Get Real About Class. Escalating Inequality or Opportunity for All conference by UUs for Just Economic Community. Chicago, IL.
- Zilber, S. M (October 22, 2014) Blog: As mental health resources dwindle, where's a low income person to go? <http://www.classism.org/author/suzanne-zilber/>
- Emerson, D., Leondar-Wright, B, Moorehead, D., & Zilber, S. (2014, June) Exploring Class: an interactive workshop. General Assembly, Unitarian Universalist Association, Providence, Rhode Island.
- Leondar-Wright, B. & Zilber, S.M. (2014, May) Tools for Change - an interactive workshop of UU Class Conversations. First Unitarian Society, Minneapolis, MN
- Zilber, S.M. (2014, April) Lunch Panelist: Identity development stages of LGBT people and other counseling issues. LGBT Health and Wellness Conference, Des Moines University, Des Moines, IA.
- Zilber, S.M. (2013, October) Social Class Issues in UU Congregational Life. A field test of curriculum developed with financial support of the Unitarian Sunday School Society. 8 hours. First Unitarian Church of Des Moines, IA.
- Zilber, S.M. (2012). Social class and classism in the helping professions: Research, theory and practice. (Book Review). Cultural Diversity & Ethnic Minority Psychology, 18, 317-318.
- Zilber, S.M. (2012, July) Social Class Issues Awareness. 6 hour adult training, 2 hour high school student training, and one documentary viewing with discussion at Midwest Unitarian Universalist Summer Assembly, Potosi, MO.
- Zilber, S.M. (2012, May) Balancing your stress snapshot. Keynote speaker for Story County Go Red for Women Luncheon, American Heart Association, Ames, IA.
- Zilber, S.M. (2011, July) Social Class issues in Congregational Life. 4 hour adult training. Midwest Unitarian Universalist Summer Assembly, Potosi, MO.

- Stark-Rose, R. M., Lokken, J. M., Norton, M., & Zilber, S. (2011). Bridging the gap. In M. Pope, J. Pangelinan, & A. Coker (Eds.), *Experiential Activities for Teaching Multicultural Counseling Classes and Infusing Cultural Diversity into Core Classes*. American Counseling Association.
- Zilber, S.M. (2005, April) EMDR: Targeted treatment for troubled times. Iowa Psychological Association Spring Conference, Ames, IA.
- Zilber, S.M. (2004, October) Exploring social class issues in counseling. Association of Counseling Center Training Agencies Conference, Atlantic Beach, FL.
- Zilber, S.M. (2004, October) Letters of Recommendation Issues. Association of Counseling Center Training Agencies Conference, Atlantic Beach, FL.
- Zilber, S. M. (2003, March) Living your values at wartime. Panelist for university wide “The War on Iraq: A Community Conversation”, Iowa State University.
- Zilber, S.M. (2002, November) Avoiding the doom loop: Team improvement through strategic career development. Iowa Society for Healthcare Human Resources Administration Fall Conference, Ames, IA.
- Zilber, S.M. (2002, June) The Laramie Project: A Community response to hate crime based on sexual orientation. Ames and Gilbert Communities, Ames High School, IA.
- Zilber, S.M. (2002, February) The believable yes: Sexual consent programming for men. Cultivating Campus Communities – Big Ten Counseling Centers Conference, Iowa City, IA.
- Zilber, S.M. (2002, January) Avoiding the doom loop: Team improvement through strategic career development. Iowa Association of County Conservation Board Employees Winterfest Conference, Waterloo, IA.
- Zilber, S.M. (2001, September) Coping and Compassion after the 9/11 Terrorist Attacks. Panelist addressing 4000 Iowa State staff and students at memorial service and also radio broadcast, Ames, IA.
- Zilber, S.M., & Douglas, L. (2000, October) Sexual consent programming for college men. Iowa Student Personnel Association, Des Moines, IA.
- Zilber, S. M. & Jackson, R. (2000, March) The joys and concerns of biracial and multiethnic identities. Iowa State Conference on Race and Ethnicity, Ames, IA.
- Zilber, S. M. (2000) Leona Tyler. In *Encyclopedia of Psychology*, Washington D.C.: APA Books & Oxford University Press.

- Zilber, S.M. (1998, April). Avoiding the doom loop: Strategic staff career development. Big 12 Counseling Centers annual conference, Ames, IA.
- Zilber, S.M. & Harbin, J.J. (1998, January). Diversity awareness for therapy. Staff training for Mental Health Services, Veterans Affairs Medical Center, Knoxville, IA
- Zilber, S.M. & Spreda, S. (1997, October). Promoting girls to promote themselves in science and engineering. The Road Less Traveled Statewide conference offered by program for women in science and engineering. Ames, IA.
- Zilber, S. M. (1997, October) The kaleidoscope: Reflecting on our differences. Keynote presentation. Iowa Society for Healthcare Human Resource Administration Fall Conference, Ames, Iowa.
- Zilber, S. M. & Poole, A. (1997, August) Cultures and communication: Impact on police work. (two 4 hour sessions). Ames Police Department, Ames, Iowa.
- Zilber, S. M. & Munoz, E. (1996, October) Black, white and beyond: enhancing inter-racial communication. The Faces and Voices of Iowa Conference, Des Moines, Iowa.
- Zilber, S. M. (1995) Therapy for emotionally abused women. A book review of M. T. Loring's Emotional Abuse. *Psychology of Women Quarterly*, 19, 588-589.
- Johnson, D. C., Zilber, S. M., and Osipow, S. H. (1995, April). Training students to have higher occupational self-efficacy. Poster session presented at the Southwestern Psychological Association annual meeting.
- Zilber, S. M. (1995) It wasn't your fault: How rape victims can stop blaming themselves. *Womenews*. ISU Women's Center Newsletter, Spring, 4-5.
- Zilber, S.M. (1994, May) Making the transition from trainee to professional. The Ohio State Counseling Psychology Reunion Conference, Columbus, Ohio.
- Zilber, S.M. (1994, April) Helping children cope with disaster. Risky Business: Being a kid today, Youth and Shelter Services Annual Conference, Ames, Iowa.
- Zilber, S.M. (1993, September) Enhancing control while reducing blame. Stop Rape on Campus Conference, Iowa Coalition Against Sexual Assault, Ames, Iowa.
- Dawson-Threat, J. & Zilber, S. M. (1993, March) "Feminism: Black and White Perspectives" A program for Ames/ISU YWCA.

Enhancing Communication Between Black and White Women.

Zilber, S. M. and Davis, S., (1991, November). The Way Up IX, Des Moines, Iowa.
Zilber, S. M. and McKinney, K. (1991, April). YWCA sponsored program at Iowa State.
Zilber, S. M., McKinney, K., and Constantine, M., (1992, March). The American College Personnel Association, San Francisco, California.
Zilber, S.M. and Constantine, M. (1993, March). Pre-conference workshop, The ACPA, Kansas City, Missouri
Zilber, S. M., Pollard, D. and Boyd, R. (1991, November). Diversity Among Women; Empowerment Through Identity Development, Way Up IX, Des Moines, Iowa.

Zilber, S. M. (1991). Pointing the Way: New Directions for Career Research. A book review of R. A. Young and W. A. Borgen (Eds.) Methodological Approaches to the Study of Career. *Contemporary Psychology*, 36 710-711.

Zilber, S. M. (1990). Doctoral Dissertation: Attributions as mediators of the relationship between midterm grade and academic and course requirements self-efficacy. Conducted under the advisement of Samuel H. Osipow, Nancy E. Betz, and Donald Dell.

Zilber, S. M. & Osipow, S. H. (1990). Biography on Leona E. Tyler, In A. O'Connell & N. F. Russo (Eds.), *Women in Psychology*, Greenwood Press.

Zilber, S. M. & Serling, D. (1990, August). Creating a student advocacy committee to address research training issues. In D. Pilon (Chair), *Research in psychology: Making the most of it*. Symposium conducted at the American Psychological Association annual convention, Boston, MA.

Zilber, S. M. (1988, August). The Effects of Attributional Styles, Sex, and Task Performance on Task and Career Self-efficacy Expectations. In K. M. Taylor (Chair), *Recent applications of self-efficacy theory to career behaviors*. Symposium conducted at the APA annual convention. Based on master's thesis.

Zilber, S. M. & Lent, R. (1988, May). Graduate student involvement in Division 17. Presentation and discussion at Great Lakes Regional Conference of Division 17, The Ohio State University, Columbus.

Zilber, S. M. (1987). A professional odyssey: One graduate student's journey through the APA convention. *Student Affiliate Group of Division 17 Newsletter*, 10, Number 3.

Research Assistant. The Talent Identification Program, Duke University, June 1984 to August 1984. For Drs. R. Sawyer and G. Kimble. Social support systems of academically gifted adolescents.

ORGANIZATIONAL AND COMMUNITY SERVICE

Membership Committee Chair, Iowa Psychological Association, August 2017 to October

2019.

Work to rebuild membership and sense of relatedness among members.
Committee member October 2019- present.

Steering Committee Member & Recording Secretary, UU Class Conversations.
July 2014 to August 2015 Started on Advisory Group October 2013.
A national project to bring class awareness to Unitarian Universalist
congregations and organizations. www.uuclassconversations.org.

President, Iowa Psychological Foundation. April 2011 to November 2013
Worked on vision of organization through survey of psychologists, led board
meetings, oversaw operating budget fundraising, and led fundraising effort to partially
fund a post-doctoral position in Central Iowa (\$10,000). Continued as board member
until February 2015.

Unitarian Universalist Fellowship of Ames. Sunday Services Chair, 1991-1993, Pledge
Drive Chair, Spring 1994, Ministerial Search Committee, 1994-1995, Committee on
Ministry and Publicity Chair, 1995-1998, 5th grade teacher 2000-2001, Director of
Religious Education Relations Committee, 2001-2003, Capital Campaign Canvass Visits
Coordinator, 2003. Religious Education teacher – 5th graders, 2-4 graders, preschoolers,
middle schoolers. Coming of Age Mentor 2004. Religious Education Chair, 2007-2008,
2008-2009 COA Fundraising Coordinator- \$20,000 raised, 2010 Our Whole Lives
Facilitator- youth sexuality education program, Interim Minister Search Committee 2010.
Stewardship (fundraising) Chair August 2011 to June 2013.

Neighborhood Organizer, August 2009 to May 2010. Planned two events to address
tension between homeowners and renters after crime increase in the
neighborhood. Sept 20 event had 46 adults, May 15 event had 117 kids and
adults. Assisted in the second event by the Strengthening Neighborhoods Action
Group of United Ames.

Newsletter Editor. Iowa Psychological Association. December 2004 to May 2008.
Solicit, write, and edit submissions for quarterly professional newsletter,
circulation 260.

Association of Counseling Center Training Agencies Standing Committee on Diversity,
Diversity Scholarship co-chair. Solicited nominations, selected, and introduced
two professionals of color presenting at ACCTA conference October 2004.

Fundraising Committee Member. Beyond Welfare, Ames, IA. March 2001 to July 2002

Art Committee Member. Student Services Building, ISU. October 2000 to September
2002.

Commission artist to develop outdoor sculpture. Raised \$1850 in private
donations.

Board Member. Children's Museum of Central Iowa, Ames, IA. November 1999 to March 2000

Met weekly to develop new museum encouraging interactive learning. Co-chaired financial development.

Proposal Reviewer. APA Division 35 Psychology of Women, for APA Convention 1993 & 1994.

Board Member. Center for Personal Development, Ames, IA, July 1993 to October 1995.

Met monthly to provide guidance to residential treatment center for adults. Participated in restructuring the services to a shorter term model. Participated in deciding to close the center while still capable of meeting fiscal responsibilities.

Search Committee Member for Women's Center Director. Iowa State, February 1993 to May 1993.

Co-founder and Facilitator. Research Training Committee. January 1988 to August 1989.

This student committee developed recommendations and programs to enhance the research training environment within the counseling psychology program. Presented on establishing this group at APA 1990. Met biweekly using consensus process. Conducted research on student perceptions and presented data and recommendations to the faculty.

Participant: Working conference, in the identity task group: The 3rd National Conference for Counseling Psychology. Division 17, APA. Atlanta, April 1987.

Inmate Support Volunteer. Man to Man, Woman to Woman: United Way, the Ohio Reformatory for Women, Marysville, Ohio. November 1987 to August 1989.

Monthly visits and ongoing correspondence with 38 year-old African-American woman until her release.

EXTENDED TRAINING ATTENDED

Foundations of Diversity Training. Lee Gardenswartz, Ph.D. and Joy Hawkins. Summer Institute for Intercultural Communication. Portland, Oregon. July 16-18, 1997.

The Gestalt Approach to "Resistance". Phillip Belzunce, Ph.D., Lalei Guterrez, Ph.D., Daniel E. Jones, Ph.D., Lynne Kweder, LSW. Gestalt Institute of Cleveland, Ohio. June 12 & 13, 1998: 14 hours.

Drawing and Writing for Personal Transformation. Lucia Cappacchione, Ph.D., A.T.R. Ursuline College, Cleveland, Ohio. June 19 & 20, 1998: 10 hours.

Advanced Training in Cognitive Therapy. Barbara Fleming, Ph.D. and James Pretzer,

- Ph.D., Behavioral Health Associates, Cleveland, Ohio. September 1998– June 1999. 70 hours. Received Certification July 1999.
- Iowa Mental Health and the Law. Alfredo Alvarez, J.D. Des Moines, IA, April 28, 2000
- EMDR (Eye Movement Desensitization and Reprocessing) Level 1 Training. Kay Werk, LISW. EMDR Institute, Overland Park, KS. July 7-9, 2000: 17 hours.
- EMDR (Eye Movement Desensitization and Reprocessing) Level 2 Training. William Zangwill, Ph.D. EMDR Institute, Milwaukee, WI. May 18-20, 2001: 17 hours.
- APA Training Site Reviewer Training. Committee on Accreditation. ACCTA Conference, Santa Fe, NM. October 9, 2002.
- Psychopharmacology for the Therapist. John Preston, Ph.D. New England Education Institute, Santa Fe, NM. October 11-13, 2002: 15 hours.
- Integrating EMDR into the Treatment of Panic, Phobia, and OCD. Marcia Whisman LCSW. Avila University, sponsor. March 12-13, 2004: 13 hours
- Trauma, Attachment and the Body. Bessel van der Kolk, M.D. Crime and Effect: Improving Victim Services multistate conference. Dubuque, IA. September 17, 2004: 6 hours
- Legal Issues in Behavioral Health in Iowa. Heather Campbell & Christine Cownie. Des Moines, IA. September 28, 2004: 6 hours.
- Empirically Based Practice in Psychology. Carol Goodheart, Ph.D. Iowa Psychological Association Conference. Ames, IA. April 9, 2005. 6 hours
- Legal and Ethical Risk Management in Professional Psychological Practice. Jeffrey Younggren, Ph.D. American Psychological Association Insurance Trust. Cedar Rapids, IA June 11, 2005. 6 hours
- The Power of Mind-Body Medicine. Mark Weisberg, Ph.D. Iowa Psychological Association. Grinnell College, IA. October 21, 2005. 6 hours
- Intermediate Training in Clinical Hypnosis. Michael Yapko, Ph.D. St. Olaf College. Northfield, MN. January 19-21, 2006. 20 hours
- Art Therapy and Anxiety: Healing Through Imagery. Pamela Hayes, MFT, LMHC, ATR-BC. Cross Country Education. Des Moines, IA. January 24, 2007, 7 hours
- Minding the Body: Somatic Interventions for Enhancing EMDR Effectiveness. Janina Fisher, Ph.D. Sensorimotor Psychotherapy Institute. Kansas City, MO. March 16-17, 2007. 12 hours.

Treatment for Dissociative Identity Disorders. Deb Carnine, LISW, Ames, IA. February 16, May 11, June 1, 2007 . 9 hours

Bodily Harm: Strategies for Treating Those Who Self-Injure. Wendy Lader, Ph.D. Iowa Psychological Association Spring Conference, Amana, IA. April 27, 2007. 6 hours.

Mindfulness: Practical Application for You and Your Clients. Thomas Roberts, LCSW, PESI, Des Moines IA. August 8, 2007. 6 hours.

Ethics for Psychologists and the APA Ethics Code. Stephen Behnke, J.D., Ph.D. Iowa Psychological Association. Ames, IA. October 12, 2007. 6 hours

The MMPI-2-RF, MCMI-III, MBMD, M-PACI and MACI in Clinical Use. Yossef Ben-Porat, Ph.D., Stephen Strack, Ph.D., and Robert Tringone, Ph.D. Iowa Psychological Association Spring Conference, Des Moines, IA, April 18 & 19, 2008. 12.5 hours

Our Whole Lives Sexuality Education for Grades 7-12. Jane Detwiler, UUFA OWL coordinator, and Ben Theil. Des Moines, IA. August 15 and 16, 2008, 13 hours.

Affect Regulation, Attachment and Trauma. Pat Ogden, Ph.D. Des Moines, IA. October 30, 2008. 6 hours.

Insatiable Hungers: Eating Disorders, Chemical Dependency, and Depression in Women. Adrienne Ressler, LMSW, CEDS. Overland Park, KS. December 5, 2008, 6 hours.

Sensorimotor Psychotherapy: Training for the Treatment of Trauma. Celia Grand LCSW, BCD and Joe Gillan MA, Kansas City, MO, 5 weekends, May through November 2009. Level 1 training completed with 80 hours.

Reprocessing Early Trauma and Neglect in Implicit Memory with EMDR. Katie O'Shea M.S. LMHC, St Louis Park, MN March 6 & 7, 2010. 13.5 hours.

Assessing and Managing Risk in Psychological Practice. American Psychological Association Insurance Trust. March 16, 2010. 8 hours

In the Shadows of the Net: What Clinicians should know about Online Sex. David Delmonico Ph.D. and Elizabeth Griffin, M.A. LNFT. Iowa Psychological Association, Perry Iowa. October 10, 2010. 6 hours

Sensorimotor Psychotherapy Development, Attachment and Trauma Training. Joe Gillan, MA and Celia Grand LCSW, Kansas City, MO, 10 weekends, September 2010 through November 2011. 160 hours completed.

- Adventures on the Electronic Frontier: Ethics and Risk Management in the Digital Era. Eric A. Harris, E.D., J.D., Des Moines, IA. American Psychological Association Insurance Trust. June 4, 2011. 6 hours
- Cognitive Behavioral Therapy for Adult Asperger Syndrome and Related Conditions. Valerie Gaus, Ph.D. Iowa Psychological Association. April 20, 2012. 6 hours
- Sensorimotor Psychotherapy Institute Skill Building for Level III Certification. Christina Dickinson. Kansas City, MO. August 18, 2012. 6.5 hours
- Heart and Soul of Change. Barry Duncan, Psy.D. Iowa Psychological Association. Des Moines, IA. 5 hours
- Understanding the Gut Brain: Stress, Appetite, Digestion, and Mood. Merrily Kuhn, R.N., Ph.D.. Institute for Brain Potential. Des Moines, IA. May 3, 2013 6 hours.
- Revolutionizing Diagnoses and Treatment Using the DSM-5. Robert Bogenberger, Ph.D. Des Moines, IA, PESI. May 9, 2013. 6 hours
- Hot Topics in Ethics and Risk Management in Psychological Practice. Jeffrey Younggren, Ph.D. Des Moines, IA. The American Psychological Association Insurance Trust. June 8, 2013. 6 hours
- Civil Justice for Victims of Crime in Iowa. Jeff Dion, Esq. Des Moines, IA. The National Center for Victims of Crime. July 29, 2013. 6 hours
- Affect Regulation, Attachment and Trauma: Level III Advanced Skills/Certification Training. Ame Cutler, Ph.D. Sensorimotor Psychotherapy Institute, Kansas City, MO. August 2, 2013 to January 18 2015. **Achieved Certification.** 144 hours direct training time, plus many more hours of videotaping and analysis of videotapes.
- Agricultural Behavioral Health: What We Need to Know to Serve Agrarian Populations. Michael R. Rosmann, Ph.D. Cedar Rapids, IA. Iowa Psychological Association. October 4, 2013. 6 hours.
- ICD Diagnosis and DSM Changes: A new Horizon, April 4, 2014. Carol Goodheart, Ph.D. Iowa Psychological Association, Johnston, IA. 6 hours
- LGBT Health and Wellness conference. April 12, 2014. Des Moines University. 7 AMA credits. Also Presented on panel on clinical issues and identity stages for LGBT.

Brain Fix: (Nutritional Advice for treating Eating disorders) February 22, 2014 . Ralph E. Carson, R.D., Ph.D. Des Moines, Eating Disorder Coalition of Iowa (EDCI) 4.5 hours

Clinical Hazards of Treating People Who Have Failed More Intensive Treatment: Tools to Avoid the Crash. June 14, 2014. Ken Cheyne, M.D., Michelle Roling, MEd, Carrie Leiran, RDN, Larry Lindell MD. 3 hours

Assessing and Managing Risk in Psychological Practice. (August 23, 2015) American Insurance Trust. Book based ethics education with exam passed. 8 hours.

Relational Approaches to Therapy. (October 9, 2016) Haim Weinberg, Ph.D. Ames, IA, Iowa Psychological Association. 5 hours.

Sex Made Simple: Clinical Strategies for Sexual Issues in Therapy. (February 16, 2016) Barry McCarthy, Ph.D. Des Moines, IA, PESI. 6 hours.

Eating Disorder Recovery: Medical and Treatment Considerations. (February 25-26, 2016). Multiple Presenters. Eating Recovery Center, Denver, CO. 9 hours.

EMDR and Anxiety, Fears, Phobias and a Little OCD. (April 14, 2016). Sue Thompson, LCSW. EMDR & Beyond. West Des Moines, IA. 7.5 hours

Motivational Interviewing: 3 Day Intensive. (May 24- May 26, 2017) Steven Malcolm Berg-Smith. A.I.M. for Change. San Francisco, CA 19.5 hours.

Legal and Ethical Risks and Risk Management in Professional Psychological Practice. (June 23, 2017) Amanda D. Zelechowski, J.D., Ph.D. The Trust. APA approved. Des Moines, IA. 6 hours.

Child and Dependent Adult Abuse Mandatory Reporter Training. (August 17, 2017) Gladys Noll Alvarez, LISW. NASW Iowa Chapter. Des Moines, IA. 3 hours

EMDR in the Treatment of Acute and Complex Trauma. (January 15-17, 2018) Nancy Newport, LMFT and Tracy Ryan Kidd LCSW. Home Study DVD with online test. 12 hours.

S.A.F.E. Somatic and Attachment-focused EMDR. A Simplified Way to Work with Complex Trauma. (March 16 & 17, 2018) Deb Kennard, MS, LLP. Kansas City, MO. 13 hours EMDRIA Credits.

Introduction to Havening Techniques. (September 29 & 30, 2018) Kathryn Truitt, Ph.D. Phoenix, AZ. 14 hours.

Advanced Issues in Working With Complex Dissociative Disorders: Chronic Shame, Resistance, and Traumatic Memory (with and without EMDR). (March 1-2, 2019) Kathey Steele MN, CS, APRN. Overland Park, KS 13 hours EMDRIA

credits.

Theory and Practice of Cognitive Behavioral Therapy for Insomnia (CBT-I) (October 11, 2019) Donn Posner, Ph.D., DBSM. Des Moines, IA. 6 hours.

Treating OCD during COVID-19 (April 9, 2020) Melissa Nelson Ph.D. and Jonna Pestka LCSW. Online training by Rogers Behavioral Health. 1.5 hours

Iowa Mental Health and the Law -2020. (May 11, 2020) Daniel Icenogle, JD, MD. Online training by PESI. 6 hours.

Assessment and Treatment of Sleep Disturbances in Military Populations- Cognitive behavioral treatment of insomnia (July 30 and 31, 2020) – Diana Dolan, Ph.D. and William Brim, Ph.D. Online training by Center for Deployment Psychology. 14 hours.

Weekly one hour Consultation on the Integration of the Structural Dissociation and Internal Family Systems models. (April 22, 2020 to present) Carrie Hatcher-Kay Ph.D. Strengths of All Parts, Ann Arbor, MI.

Using the Soap Chart & Trauma Treatment Resourcing. (August 15, 2020) Sara Stein LMSW. Online training by Strengths of All Parts, Ann Arbor, MI 2.5 hours

Implicit Bias Training for Providers: The Pursuit of Health Equity (January 9, 2021) Talee Vang, Ph.D. Online Iowa Psychological Association. 2 hours.

PROFESSIONAL AFFILIATIONS

The American Psychological Association

The Society for the Psychological Study of Men and Masculinity (51)

Eating Disorder Coalition of Iowa

Iowa Psychological Association

EMDRIA International Association

9to5, National Association of Working Women

American Group Psychotherapy Association

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