

Lisa L. Gold, Ph.D., L.P.C., L.M.F.T., C.M.H.C.

Licenses

Arizona Licensed Marriage & Family Therapist 15532
Arizona Licensed Professional Counselor 10628
Colorado Licensed Marriage & Family Therapist LMFT 0002362
Hawaii Licensed Marriage & Family Therapist 585
Utah Clinical Mental Health Counselor 12005518-6004
NPI 1013056696

Soul Surfing

4145 Little Falls Dr. Cumming, GA 30041 USA

Connect@DrLisaGold.com

www.drdisagold.com

+1 (801)-382-7887

EDUCATION

1998 Ph.D. Child and Family Studies Syracuse University
1997 M.A. Marriage and Family Therapy Syracuse University
1995 M.S. Family Sciences Brigham Young University
1993 B.S. Psychology Brigham Young University

PROFESSIONAL MEMBERSHIPS & CERTIFICATIONS

AASECT (*American Association of Sex Educators Counselors and Therapists*) - Certified Sex Therapist
ICEEFT (*International Center for Excellence in Emotionally Focused Therapy*) - Certified Therapist & Supervisor
AAMFT (*American Association for Marriage & Family Therapy*) - Clinical Member & Approved Supervisor
CIIS (*The California Institute of Integral Studies*)- Certified Psychedelic-Assisted Psychotherapist
MAPS (*Multidisciplinary Association for Psychedelic Studies*) MDMA Training Completion

PROFESSIONAL PRESENTATIONS

Gold, L., (2026, January 31) Healing Trauma and Insecure Attachment Through Ketamine-Assisted Corrective Relational Experiences. *ASKP3 Annual Conference*, Austin, TX.

Gold, L., (2025, October 2) Ketamine and Connection: Ketamine-Assisted Relationship Therapy. *Dr. Philip Wolfson's Psychedelic-Assisted Therapy Training Level 1*, Clinical Synaptica, Barcelona, Spain.

Gold, L. (2025, June 23) Beyond Surviving: Resolving Sexual Trauma with Ketamine-Assisted Relationship Therapy. *COASECT conference Denver, CO.*

Gold, L., (2025, January 25) Beyond Surviving: Resolving Sexual Trauma With Ketamine-Assisted Relationship Therapy. *ASKP3 Annual Conference , Austin, TX.*

Gold, L. (2024, July 11) Soul Surfing: Navigating the Waves of Multi-Dimensional Healing. *Mindvalley University, Tallinn, Estonia.*

Gold, L., Richmond, H. (2024, June 15) Reclaiming Pleasure Through Soul Surfing. *North Florida Entheogenic Conference.* Jacksonville, FL.

Gold, L., Skoy, D. (2024, Jan. 31-Feb.4) Soul Surfing: Ketamine-Assisted Psychotherapy Foundational Training. Millcreek, UT.

Gold, L. (2023, June 10). Ketamine-Assisted Sex Therapy: Facilitating Sexual Fulfillment Through Psychedelic Medicine. *American Association fo Sex Educators, Counselors, and Therapists.* San Francisco, CA.

Warnick, K., Gold, L. (2021, July 21). Ketamine Basics for Therapists. *Trauma Informed Care Network.* Millcreek, UT.

Gold, L. (2020, October). What's Sex Got to Do with It? Integrating the Body and Desire into the EFT Cycle. *AZEFT Community Special Event., Zoom Training, AZ.*

Gold, L. (2015, June). What's Sex Got to Do with It? EFT and Couples' Sexual Relationships. *AZEFT Community Meeting. Mesa, AZ.*

Gold, L. (2013, October). Emotionally Focused Therapy (EFT): An Evidence-Based Approach to Working with Couples. *Presentation given at the EAPA's 2013 World EAP Conference. Phoenix, AZ.*

Woolley, S., & Gold, L. (2012, July). Healing Affairs Using Emotionally Focused Therapy. *Presentation given at the EFT Summit International Conference, New York City, NY.*

Gold, L. (2011, May). Understanding and Treating Infidelity: An EFT Perspective. *Presentation given at Desert Vista Counseling Services, Mesa, AZ.*

Gold, L., Madsen, J., & Palmer-Olsen, L. (2011, March). Dealing with the Echoes of Combat: Navigating and Healing Shame from Combat Trauma. *Presentation given at the Mesa Veterans Center, Mesa, AZ.*

Woolley, S., & Gold, L. (2010, September). Healing Affairs Using Emotionally Focused Therapy. *Presentation given at the AAMFT Annual Conference, Atlanta, GA.*

Sine, L. (2002, August). Holistic Retirement Planning: Understanding the Psychological Transition to Retirement. *Presentation given at Washington Square Securities Annual Conference, Minneapolis, MN.*

Sine, L. (2001, January), (2001, June), (2002, October). The Psychological Transition to Retirement. *Presentation given to Medtronic, Inc. employees, Tempe, AZ.*

Peterson, B., & Sine, L. (2000, October). The Emotional Effects of Infertility: A Proposal for Inclusion in the DSMV. *Paper presented at the annual meeting of the American Psychiatric Association, Philadelphia, P.A.*

Peterson, B. & Sine, L. (2000, January). The Emotional Effects of Infertility: A Proposal for Inclusion in the DSMV. *Paper presented at the annual meeting of the Collaborative Family HealthCare Coalition, Bethesda, MD.*

Sine, L. (1995, November). The Effects of AANCHOR, a Relationship-Based Character Education Program, on Adolescents' Social and Personal Responsibility. *Paper presented at the annual meeting of the National Council on Family Relations, Portland, OR.*

Sine, L. (1995, May). The Effects of AANCHOR, a Relationship-Based Character Education Program, on Adolescents' Social and Personal Responsibility. *Paper presented at the annual meeting of the Utah Council on Family Relations, Ogden, UT.*

THERAPIST TRAININGS PROVIDED

June
2008-2016 Emotionally Focused Therapy EFT Externship
Scottsdale, AZ

Developed the first and second first EFT externship in AZ. Provided support and corrective feedback to therapists engaged in role plays of EFT interventions for all EFT externships up through 2016. Taught sections of certain topics.

September
2009-2012 Emotionally Focused Therapy Core Skills
Scottsdale, AZ

Provided support and corrective feedback to therapists engaged in role plays of EFT interventions. Taught sections of certain topics.

CLINICAL EXPERIENCE

Jan. 2023
Present ***Collaborating Practitioner***
Clinica Synaptica, Barcelona, Spain
Provide preparation and integration sessions via Zoom, as well as in-person facilitation alongside medical providers administering medication.

Clients are invited to travel to Spain to receive ketamine-assisted psychotherapy (KAP) as part of a bespoke, integrative retreat experience. These retreats combine psychotherapy with complementary healing modalities such as breathwork, yoga, and meditation, along with visits to places of beauty and significance — including historical and sacred sites in both natural and urban settings.

Jan. 2020
Present ***Psychotherapist, Consultant, Training Program Developer & Presenter, Speaker***
Soul Surfing LLC

1
Psychotherapy & Therapeutic Retreats
Practicing Integrative Emotionally Focused Therapy:
Ketamine-Assisted Psychotherapy & Sex Therapy

Facilitating posttraumatic resilience and growth through integrative treatment. Integrating trauma-informed, attachment-based therapy, other healing modalities (breathwork, meditation, therapeutic massage and bodywork, music, and movement) and psychedelic medicine. Developing bespoke treatment plans

based on clients' needs, goals, and interests. Treating Individuals, Couples, & Families with Adult Children addressing the following issues:

- Trauma (developmental, relational, and sexual)
- Repairing Disconnection & Rebuilding Trust
- Life Transitions & Loss, (bereavement, infertility, divorce)
- Sexuality & Emotional Intimacy (desire discrepancy, sexual difficulties, sexual enhancement)

Integrative Ketamine-Assisted Emotionally Focused Therapy & Sex Therapy:

Providing integrative ketamine-assisted Emotionally Focused Therapy to individuals, couples, and families with adult children: all phases of the six session foundational ketamine treatment sessions (preparation, facilitation, & integration) and maintenance sessions (as needed).

Collaborating with referring primary therapists to integrate KAP with their clients' current treatment plan. Post completion of the foundational ketamine-assisted psychotherapy sessions (usually 6-8 two-hour sessions), clients return to the continuity of care working with their primary referring therapist. Clients may also participate in KAP maintenance sessions as needed in order to continue their progress.

Therapists refer their clients for ketamine treatment as a time-limited psychotherapeutic medical intervention to facilitate achievement of treatment goals when conventional therapy has not been sufficient. KAP treatment serves as part of their clients' overall treatment

KAP is especially effective for treatment resistant depression, anxiety, PTSD, attachment injuries (e.g. infidelity, feeling betrayed, rejected or abandoned by a loved one). I integrate ketamine with emotionally focused therapy (EFT) and other trauma-informed, attachment-based therapeutic interventions and holistic therapies (breathwork, meditation, therapeutic touch, and music) to soften emotional defenses, reduce intensity of fear and shame, and enhance clients ability to effectively regulate their emotions and neurophysiological states. Using integrative KAP to support clients with developing an embodied sense of safety, necessary to progress towards fulfillment of therapeutic goals.

Preparation and integration KAP sessions are conducted via telehealth. Ketamine administration sessions are facilitated in person at clinics in various international destinations. Seeking collaboration with medical providers at additional sites to provide greater international accessibility.

Current Destinations Include:

- Medically administered (IV and IM) ketamine treatment include: Atlanta, GA; Salt Lake City, UT; and Barcelona, Spain.
- Compounded ketamine prescription retreats include (but are not limited to): Hawaii (all islands); Salt Lake City, Utah; Sedona, Arizona; St. Augustine, Florida; Atlanta, Georgia; and Barcelona, Spain (as of May 2024).

Sex Therapy

Trauma-informed, attachment-based integrative therapy addressing emotional and sexual intimacy. Treating sexual dysfunctions (erectile dysfunction, arousal and desire disorders, desire discrepancy, dyspareunia, vaginismus, pornography and sexual compulsivity, orgasmic disorder, sexual aversion, rebuilding trust after infidelity and other betrayals). Also supporting individuals

and couples with creating, healing, strengthening, and enhancing emotional and sexual intimacy.

Integrative Therapeutic Retreats:

Offering the following retreats as private bespoke retreats to individuals, couples, and private groups, as well as to general groups:

- Soul Surfing: Preparing for KAP and Other Psychedelic Healing Experiences
- Integrated Intimacy: Therapeutic Massage to Enhance Couple's Intimacy
- Reclaiming Pleasure Through Integrated Intimacy: Ketamine-Assisted EFT Sex Therapy

PRIVATE: Bespoke Concierge Retreats: psychedelic-assisted and non-psychedelic Providing retreats integrating holistic treatment modalities and recreational activities based on clients' interests and treatment needs. Integrative modalities include, but are not limited to yoga, massage, energy healing, breath work, meditation. Recreational activities include, but are not limited to hiking, surfing, horseback riding, historic sites, based on availability at the location.

GENERAL: Group Retreats (non-psychedelic): organizing and facilitating educational experiential retreats with specific intentions. These group retreats include the following:

Soul Surfing: Ketamine-Assisted Retreats

Embedding the experience of the six foundational ketamine sessions into a ketamine-assisted psychotherapy retreat. Creating customized retreats for clients by integrating other healing modalities, and activities according to the interests and treatment goals of the client. Options for clients to consider include (but are not limited to) breathwork, meditation, massage, spending time in nature and participating in cultural and recreational activities available at the particular location of the retreat. Preparation for the retreat is conducted through online sessions. Facilitation of ketamine administration sessions occurs in person at the destination for the retreat. Integration occurs after each ketamine administration session with a follow up session online after the retreat is completed.

Preparation includes participants being guided through a process of mapping their default negative patterns of perceptions and responses they desire to change. They also map the new patterns they desire, and develop strategies for pausing and pivoting out of the old patterns and into the new ones.. Preparation sessions also include supporting clients with developing their personal practice of daily meditation to support the development and reinforcement of their desired new patterns, and their reroute strategies out of old patterns.. Educating participants regarding ketamine (or the particular psychedelic medicine they will be integrating), is also part of the preparation process. Clients are also supported with increasing their awareness of their personal vulnerabilities and strengths, and developing a process for them to effectively navigate their ketamine experiences in a manner that will optimize their outcomes.

Integrated Intimacy: Teaching Therapeutic Massage to Enhance Couple Intimacy

Organizing and co-facilitating retreats with physiotherapist, Amboise Munier, teaching couples massage techniques. Utilizing the philosophy and key interventions of Emotionally Focused Therapy with somatic-based interventions. Supporting participants to create emotional and somatic safety for themselves and their partners to explore and enjoy emotionally connected physical touch.

Therapist Training & Consultation

Developing and providing training, and providing consultation to therapists and other medical professionals.

Consulting

Providing private and group consultation on ketamine-assisted psychotherapy, ketamine-assisted Emotionally Focused Therapy(and sex therapy) and Emotionally Focused sex therapy.

Available to provide private consultation, develop trainings for organizations, and speak to clinical professionals on the following topics:

- Trauma-informed, attachment-based treatment (non-model specific)
- Integrative treatment (integrating cognitive, emotional, behavioral, somatic, spiritual, and relational therapies to treat the whole person within their relational context)
- Integrative ketamine-assisted psychotherapy and sex therapy
- Emotionally Focused Therapy (ketamine-assisted and sex therapy)
- Attachment-based sex therapy (sexuality as an expression and reinforcement of securely attached connection)
- Healing and enhancing female sexuality
- Healing from relational trauma and break-ups (divorce)
- Resilience through loss and life transition

Therapist Training

Developed and currently presenting the following training.

- *Soul Surfing Foundational Training*: Ketamine-assisted individual psychotherapy preparation, facilitation, and integration
- *Soul Surfing Couples Therapy*: Ketamine-assisted couples therapy-psychotherapy preparation, facilitation, and integration
- *Soul Surfing Sexuality*: Ketamine-Assisted Sex Therapy
Developing and presenting training didactic in-person & online training, and in-person experiential training. Training focuses on trauma-informed, attachment-based integrative psychotherapy (non-model specific), intimacy based sex therapy, integrative ketamine-assisted psychotherapy, ketamine-assisted Emotionally Focused Therapy, and ketamine-assisted sex therapy.

Experiential Aspect of Ketamine Trainings

Providing oversight of therapists' in-person personal experience of receiving ketamine administration. Overseeing participants providing and receiving supportive facilitation from their training partner in group low dose ketamine experiences. Providing facilitation and co-facilitation to participants during IV ketamine experiences. Providing guidance and consultation to participants before, during, and after the ketamine administration experience, as well as integration post completion of ketamine experience.

Ketamine administration experiential training currently provided at these locations::

Salt Lake City, Utah (low dose lozenge ketamine administration in a group setting)

Clinica Synaptica: Barcelona, Spain (intramuscular injection ketamine administration in a private room)

*Organizations may request specific training and specific destinations or onsite at their facility.

Speaking

Topics include, but are not limited to: treating trauma and insecure attachment; ketamine-assisted psychotherapy, intimacy-based sexuality and sex therapy, ketamine-assisted sex therapy; Emotionally Focused Therapy (EFT); ketamine-assisted EFT, integrative treatment (treatment that addresses and integrates the whole person: mind, body, heart, and spirit, and relationships)

*Organizations may request specific topics

Aug. 2022
Present

Founder & Director of Psychedelic-Assisted Psychotherapy & Training -
The Arizona Relationship Institute (AZRI), Mesa AZ

Providing training and consultation for AZRI therapists practicing ketamine assisted psychotherapy. Providing consultation to current owners regarding protocols for client protocols and practice management: client intake, assessment, case management, treatment protocols, marketing, practice management, and practitioner training requirements.

Jan. 2021
- Jan. 2022

Private Practice

Conscious Connections- Cottonwood Heights, UT

Providing in person and online EFT and EMDR integrative therapy and ketamine-assisted therapy and retreats to individuals, relationship partners, and families with adult children. Specializing in treating developmental and relational trauma, sexuality, spirituality, life transitions, as well as grief and loss recovery. Also providing training, and consultation (private and group) to therapists and other medical professionals practicing ketamine-assisted psychotherapy.

Jan. 2021
-Aug. 2022

Director of Training

The Arizona Relationship Institute (AZRI) - Mesa, AZ

Providing bi-monthly training and consultation as needed to the therapists of AZRI. Content of trainings included: Emotionally Focused Therapy (EFT) with individuals, couples, and families, integrating EFT and EMDR, integrative treatment (integrating breath work, meditation, and other somatic modalities with EFT and EMDR), Ketamine assisted psychotherapy (KAP), and sex therapy for individuals and relationships.

Dec. 2013
- Dec 2020

Founder & Executive Director

The Arizona Relationship Institute (AZRI) - Mesa, AZ

Integrated Intensive EFT Out-Patient Treatment Program, Ketamine-Assisted Psychotherapy, and Destination Retreats (Hawaii & Park City, UT)

Providing supervision and training to therapy interns, non-independently licensed therapists, and independently licensed therapists pursuing training in EFT and EMDR to treat relationship and sexual issues.

Providing therapy and integrated out-patient treatment for couples, families, and individuals seeking treatment for emotional and sexual intimacy issues (infidelity, infertility, desire discrepancy, faith & spiritual crises and transitions, interfaith couples, LGBT couples and family therapy; sexual pain, sexual enhancement, reclaiming sexual connection, healing sexual shame and trauma, healing from betrayals). Coordinating integrated treatment for these clinical issues, based on

clients' interests and goals, with like-minded practitioners.

Available treatment include: EFT; EMDR; Somatic Experiencing; naturopathy (including oxytocin nasal spray); psychiatric medicine; chiropractic treatments; acupuncture; nutritional therapy; massage (treatment and couples' education); yoga (aerial, yin, flow, & therapeutic: individuals and couples); hormone management; (pelvic floor physical therapy available offsite); Hold Me Tight workshops; EFT supervision; CEU training workshops for couples' therapists. providing ketamine assisted psychotherapy. integrating ketamine sessions as part of EMDR and EFT treatment plans. Providing integrated concierge destination retreats to couples and families in Hawaii and Park City, UT.

Feb. 2010
- May 2013

Expert Consultant

United States Military Veterans Center - Mesa, AZ

Providing group consultation to the full-time therapists and interns working at the Mesa Veterans' Center. Staffing the most difficult cases, providing clinical recommendations and guidance to the therapists and interns, and presenting workshops and training from an attachment perspective using Emotionally Focused Therapy (EFT). Topics included treating veterans and their spouses dealing with PTSD (childhood trauma, military trauma, military sexual trauma, and confounding effects of dual trauma), combat shame, pornography and sexual addiction, desire discrepancy, infidelity and other betrayals, repeated deployments, disabilities.

Sept. 2010
- May 2012

Expert Consultant

United States Military Veterans Center - Phoenix, AZ

Providing group consultation to the full-time therapists and interns working at the Mesa Veterans' Center. Staffing the most difficult cases, providing clinical recommendations and guidance to the therapists and interns from an attachment perspective using Emotionally Focused Therapy (EFT). Presenting workshops and training on requested topics of interest. Topics included: treating veterans and their spouses dealing with PTSD (childhood trauma, military trauma, military sexual trauma, and confounding effects of dual trauma); combat shame; pornography and sexual addiction; desire discrepancy; infidelity and other betrayals; repeated deployments, and disabilities.

May 2002
- Sept. 2015

Founder and Clinical Director

Desert Vista Counseling Services, LLC (*private practice*) - Mesa, AZ

Supervisory Responsibilities: AAMFT approved Supervisor providing supervision to counselors and MFTs seeking licensure, AAMFT clinical membership and/or certification as an EFT therapist; Emotionally Focused Therapy Certified Therapist (May 2009) and Certified Supervisor (April 2010). providing supervision to therapists learning EFT and assisting them with the EFT certification process.

Clinical Practice: Providing individual, couple, and family therapy from an attachment perspective. Providing exclusively Emotional Focused Therapy (EFT) as of externship completion July 2007. Specializations include anxiety disorders (social anxiety disorder, generalized anxiety disorder), PTSD, eating and body image issues (compulsive overeating, difficulty with weight loss), sexual difficulties (sexual aversion disorder, inhibited sexual desire, premature ejaculation, sexual compulsivity), infidelity, controlled separation and ambivalent couples, divorce transitions (facilitating co-parenting: establishing plans for parenting time, resolving parental disputes, assisting parents in making decisions based on children's best interest, dealing with grief of the loss of the marriage).

Sept. 2003
- Sept. 2004

Professional Counselor and Supervisor

LDS Family Services – Mesa, AZ

Provided supervision as AAMFT approved Supervisor and Licensed Professional Counselor for marriage and family therapist co-workers towards their licensure and AAMFT clinical membership. Provided counseling to individuals, couples and families of all ages on a variety of mental health issues, including faith crises, domestic violence, sexual addiction, desire disorders, sexual shame, childhood trauma (physical, sexual, emotional and spiritual abuse). Consulted with ecclesiastical leaders in the LDS church regarding the mental health issues of their parishioners: How to best support parishioners with their goals for therapy and facilitate parishioners' psychological health.

Feb. 2000
- Feb. 2001 **Licensed Professional Counselor**
Private Practice (*independent practitioner*) - Washington, D.C.

Provided individual, couple and family therapy. Specialized in sexual difficulties, faith crises and transitions; transition through divorce (assisting couples and families with co-parenting, facilitating telling the children, setting up parenting plans, new family routines and traditions); past sexual trauma; sexual addiction; LDS sexual faith crises and sexual shame including single sexually active straight Mormons, interfaith couples, and gay and lesbian Mormons (dealing with suicidal ideation, loss of community, coming out to family, self-acceptance and healing sexual shame).

Oct. 1998
- Sept. 1999 **Mental Health Therapist, Youth & Family Services**
Prince William County Community Service Board - Manassas, VA

Provided therapy to Prince William County couples, families, and individuals of all ages. Conducted screening interviews, assessments, mental health evaluations, case management and crisis intervention. Participated as a member of a community service team composed of probation officers, school counselors, social workers, and mental health therapists collaboratively addressing the needs of troubled youth and their families by connecting them with appropriate county services. Developed and implemented treatment plans for clients dealing with issues such as co-parenting, adaptation to life stressors and transitions, anger management, anxiety, depression, ADHD, conduct disorder, individual and couple sexual issues, general marital conflict, and parent-child relationships. Also worked with families of inmates assisting them in dealing with issues of separation, loss and reunification.

Aug. 1996
-May 1997 **Marriage and Family Therapy Intern**
Family Medicine Service Group - Syracuse, NY

Conducted therapy as a part of a medical family practice. Emphasized the systemic connection between patients' psychological and physical health. Worked individually with patients and as a member of a live clinical supervision and reflecting team composed of therapists and physicians. Addressed issues of coping with chronic illness, bereavement, anxiety, depression, sexual dysfunction, substance abuse, and general relationship difficulties.

Aug. 1996
- May 1997 **Marriage and Family Therapy Intern**
PHP Central New York, Chestnut Ridge Health Center, - Baldwinsville, NY

Provided therapy to individuals, couples, and families. Worked individually with clients and as a member of a clinical reflecting team. Addressed a variety of issues including marital conflict, children's grief over parents' divorce, bereavement, substance abuse, adolescent conduct disorders, eating disorders, depression, anxiety disorders and sexuality. Utilized play therapy when working with families and children.

Dec. 1995
- May 1997 **Marriage and Family Therapy Intern**
Goldberg Marriage and Family Therapy Clinic - Syracuse, NY

Provided therapy to couples, families, and individuals. Worked towards American Association for Marriage and Family Therapy (AAMFT) requirements of 500 supervised clinical hours as part of an accredited master's program requirements. Addressed issues such as infidelity, emotional and sexual intimacy, facilitating children's adjustment to divorce, parent-child conflict, and intergenerational work with adult children and their parents.

PEER REVIEWED PUBLICATIONS

Palmer-Olsen, L., Gold, L., & Wooley, S. (2010). Supervising Emotionally Focused Therapists: A researched based model. *Journal of Marital and Family Therapy*.

Peterson, B. & Gold, L., & Feingold, T. (2007). The Experience and Influence of Infertility: Considerations for couple counselors. *The Family Journal: Counseling and Therapy for Couples and Families*, 15 (3), 251-257.

Hart, C., Newell, L., Gold, L., & Sine L. (2000). Proclamation Based Principles of Parenting and Supportive Scholarship. In D. Dollahite (Ed.), *Strengthening our families: An in depth look at the proclamation on the family*. Salt Lake City, UT: Bookcraft.

POPULAR PUBLICATIONS

Gold, L. (2007-2009). Heart to Heart with Dr. Lisa (monthly column on relationship and mental health issues) *Sonoran Spotlight Magazine*.

Sine, L. (2000). The Psychological Transition to Retirement. *Recording of presentation made for Educational Seminars of Scottsdale*, Phoenix, AZ.

TEACHING EXPERIENCE

Aug. 2004 *Mesa Community College, Psychology Department*
- May 2005 *One-Year-Only Full-Time Faculty*

Developed written syllabi and course outline; Prepared and presented lectures; Maintained office hours; Assisted and advised students regarding the course material and their educational and career paths; designed and administered exams; evaluated students' knowledge of course content through exams and class activities; monitored students' scholastic records; Participated in Psi-Beta weekly meetings facilitating Psi-Beta students' in planning and executing a variety of activities and volunteer projects.

Jan. 2005 *PSY 240 Human Development (2 sections)*
- May 2005

Course topics included: theories and research on the socioemotional, psychological and physical development of humans throughout their lifespan; life stages and transitions; the diversity of

developmental experiences across the life cycle according to race, culture, gender, family form, and socioeconomics.

Aug. 2004
May 2005

PSY 100 Introduction to Psychology (4 sections Fall '04; 3 sections Spring '05) -

Course topics included: history of psychology, biology and behavior, sensation and perception, cognition, motivation, learning, developmental theories, social psychology, abnormal psychology, altered states of consciousness, personality theories, stress and health, and therapies.

Aug. 2004
- May 2005

PSY 132 Culture and Psychology

Course topics included: multiculturalism vs. cultural relativism; cultural diversity regarding perception; cognition; motivation; developmental trajectories; and application of multiculturalism. World cultures are analyzed according to the degree to which they fall along the following dimensions: non-traditional vs. Traditional; feminine vs. Masculine; high vs. low power distance; collectivistic vs. individualistic. Students were required to research their family history and explore the ways in which their culture has contributed to the way they view and experience the world. The goal was to stimulate critical thinking and create within the students a greater understanding and appreciation of their own and others' culture.

Aug. 2001
May 2003

*Arizona State University. Dept. of Family and Human Development, Tempe AZ -
Adjunct Faculty*

Instructed undergraduate students in the following courses: Human Development; Marriage & Family Relationships; and Family Therapy. Developed written syllabi and course materials; maintained office hours; assisted and advised students regarding the course material and their educational/career paths; designed and administered exams and class activities to evaluate students' knowledge of course concepts; monitored students' scholastic records.

2002
- 2003
all semesters

CDE 232 Human Development

Course topics included theories of adult and child development, life stage transitions, diversity of experiences across the life cycle according to race, culture, gender, family form, and socioeconomics.

2003 - Spring

FAS 440 Family Therapy

Topics included: comparing and contrasting the basic tenets of the main family therapy theories (psychodynamic, intergenerational, cognitive-behavioral, experiential, strategic, structural, Milan, post-modern), the history of family therapy theory and practice, and the implications of gender, culture, ethnicity, and life span development on family therapy theory and practice.

2001 - Fall

FAS 331 Marriage and Family Relationships

Course topics included: conceptual frameworks used in the study of marriage and family; contextual factors impacting family dynamics and structure over the life cycle; marital stability

and satisfaction over the life cycle; the impact of gender roles, ethnicity, and culture on marriage and family relationships.

May 2000
Dec. 2000

**Virginia Tech University, Dept. of Family & Child Development, Falls Church, VA -
Marriage and Family Therapy Program Clinical Supervisor**

Providing group, individual, and live supervision to marriage and family therapy graduate and post-graduate students. Advised and assisted students regarding their cases, developing their clinical style and technique, and career paths; served on and participated in department committees and activities. Received supervision-of-supervision from Dr. Jean Coleman and Dr. Eric McCollum.

May 1998
- Dec. 2000

**Virginia Tech University, Northern Virginia Campus
American Association for Marriage and Family Therapy (AAMFT)**

Instructed graduate students in education, counseling, and marriage and family therapy programs. Developed written syllabi and course materials; assisted and advised students regarding their educational and career paths; evaluated student's knowledge of course material matter taught through exams, projects, class activities, research papers, and thought papers; served on and participated in department committees and activities.

1998
- 2001
all semesters

FCD 5324 Marriage and Family Relationship

Topics included: conceptual frameworks used in the study of marriage and family; contextual factors impacting family dynamics and structure over the life cycle; marital stability and satisfaction over the life cycle; the impact of gender roles, ethnicity, and culture on marriage and family relationships.

FCD 5424 Life Span Human Development

Topics included: theories of adult and child development, life stage transitions, contributions to race, culture, gender, family form and socioeconomics to the diversity of experiences across the life cycle.

1998
- 1999

FCD 621 Parent-Child Interaction

Topics included: parent-child attachment, parenting style, cultural diversity, children's aggression, ADHD and learning disabilities, divorce, single parenthood, and blended families.

1999
- Summer

**Distance Learning
Adjunct Faculty**

Instructed a distance education psychology course on parenting to undergraduate students across the country and from several other countries. Developed written syllabi; assisted and advised students; evaluated students' knowledge of subject matter taught through exams, research papers, and thought papers. Topics included child development, parenting styles, family process, the adjustment to parenthood.

1997
Summer
*Syracuse University, Departments of Child and Family Studies, Syracuse NY -
Departments of Child and Family Studies
Teaching Assistant*

1997
*Child & Family Studies/Social Work 641 Divorce Mediation
Teaching Assistant.*

Course content included: conflict resolution theory and practice, marital and family dynamics in divorce, family law related to divorce, children's experiences of divorce, basic skills fo divorce mediation.

1997
- Spring
*CFS 377 African American Children and Families
Guest Lecturer*

Lectured on the effects of racial prejudice in the public schools on African American children, and the resulting importance of multicultural training for teachers.

Jan. 1996
- May 1997
*CFS 383 Human Sexuality
Teaching Assistant*

Facilitated group discussion and answered questions on course material. Assisted students in developing greater self-awareness regarding psychological and sexual issues. Designed exams and graded term papers. Course content included: sexual development, the sexual response cycle; atypical sexual desire; contraceptives; pregnancy and childbirth; sexual orientations; most common sexual problems; sexually transmitted disease; rape; sexual abuse and emotional intimacy.

Aug. 1994
May 1995
*Brigham Young University, Department of Family Sciences. Provo, UT -
Family Sciences/Psychology 303
Parent-Child Interaction*

Developed written syllabi and course materials; designed exams; assisted and advised students; evaluated student's knowledge of subject matter taught through exams, projects, class activities, research papers, and thought papers. Course content included: Cognitive, physical, emotional, and social development of children from infancy through adolescence; family systemic dynamics; communication theory and techniques; parent-child interaction, and teaching children about substance abuse and sexuality.

1993 - Fall
*Family Sciences/Sociology 201
Families and Social Context
Teaching Assistant*

Substitute taught several lectures throughout the semester and evaluated students' papers and exams. Course content included: the socio-cultural context of families; the impact of economics; and a sociological perspective on marriage and parenting.

PROFESSIONAL BOARDS

- 2009 - 2016 **AZEFT Community**, Founder & Board Member (*one of the 6 original founders*)
2014 - 2017 **AZMFT**, Board Member
-

EFT TRAININGS

(assisting with planning and facilitating role plays)

- 2015 ***EFT Externship Volunteer - Scottsdale, AZ***
Presented by Lisa Palmer-Olsen & Mark Kaupp, EFT Trainers. Assisted with marketing, and role play facilitating/supervising.
- 2009 ***EFT Core Skills, Volunteer & Role-Play Facilitator - Scottsdale, AZ***
- 2010 ***Assisted Lisa Palmer-Olsen and Mark Kaupp, EFT Trainers***
- 2011 - 2015 ***Providing supervision of participants' role playing and practicing the newly learned interventions.***
- Aug. 2013 ***EFT Core Skills - Denver, CO***
Jim Thomas, EFT Trainer. Substituting one weekend as role-play facilitator & supervisor.
- 2010 & 2011 ***EFT Externship Volunteer - Scottsdale, AZ***
Presented by Lisa Palmer-Olsen & Scott Woolley, EFT Trainers. Secured 2010 venue; co-planned 2010 event with Pam Solem-Weser; Marketing; and role-play facilitating/supervising.
- 2009 ***First EFT Externship in AZ - Scottsdale, AZ***
Organized and Planned: Secured facility; coordinated audio visual rental; planned refreshments; handled payments; marketing; printing materials; organized registration; etc.
-

PROGRAM DEVELOPMENT AND EVALUATION

- June 2024 **Soul Surfing: Optimizing Outcomes of Ketamine-Assisted Psychotherapy**
- Developed this program as an online preparation guide with an operationalized process for KAP patients and KAP therapists to assess and facilitate patients' treatment goals. Based on Emotionally Focused Therapy (EFT) and EMDR, and aspects of Somatic Experiencing (SE), Internal Family Systems (IFS), breath work, meditation, and music. Assesses and addresses patients' intergenerational patterns, sociocultural context, developmental stages, and intersectionality of each dimension the patient's life experiences. Designed to optimize the

effectiveness of each phase of the patient's ketamine-assisted psychotherapy: preparation, facilitation, and integration. Patients may complete as much of the program on their own as they would like, but then will review and process with their therapist the assessments and exercises they have completed. Soul Surfing serves to support therapists and patients with choreographing the effective corrective experiences to transcend trauma and develop secure attachment.

May 2024 **Ketamine Curious: Your Ultimate Guide to Understanding
Ketamine-Assisted-Psychotherapy**

Developed this online educational program for therapists and patients interested in learning more about ketamine-assisted psychotherapy (KAP). The content addresses questions such as, "What is ketamine-assisted psychotherapy? Why integrate ketamine with psychotherapy? Am I a candidate for KAP? What does ketamine feel like? What are the side effects? Are there different types of medical administration of ketamine? How do I find a ketamine-assisted psychotherapist and medical provider?" This program is designed to support therapists, medical providers, potential KAP patients and their family members to understand and explore KAP as a possible treatment option.

Oct. 2010 **Integrated Sensate Focus: Integrated Intimacy**

Developed a process of treating sexual and emotional intimacy dysfunctions (erectile dysfunction, arousal and desire disorders, desire discrepancy, dyspareunia, vaginismus, pornography and sexual compulsivity, orgasmic disorder, sexual aversion, rebuilding trust after infidelity and other betrayals). This process also serves to create, heal, strengthen and enhance emotional and sexual intimacy. Based on Masters and Johnson's Sensate Focus and Emotionally Focused Therapy philosophy and interventions, Integrated Intimacy is both a therapeutic intervention and an effective, operationalized process for couples to gradually establish a baseline of emotional safety and trust as a secure base from which to explore increasingly physically and emotionally activating types of touch.

May - Aug.
2001 **The Psychological Transition to Retirement**

Consultant for Educational Seminars of Scottsdale. Wrote and presented a seminar for Medtronics about developmental issues associated with retirement and factors which facilitate easier transition to this life stage and promote a high quality of life.

Jan. - June
1996 **Human Systems Consultant, Syracuse, NY**

Consulted high school teachers addressing problems they were experiencing in the classroom regarding racial division and bullying among the students. Developed a curriculum to address these issues that could be embedded within any topic being taught. Assisted teachers with integrating this curriculum into their existing coursework and consulted with them to support effective facilitation and interaction with their students regarding these shifts in beliefs and actions. The curriculum promoted appreciation and respect for diversity and multiculturalism, challenged personal biases and stereotypes, facilitated conflict resolution between students, enhanced student-teacher relationships, improved students' relationships with each other, and improved academic performance

Jan.- June
1995 **Relationship-Based Character Education Seminar for High School Students,
Provo, UT**

Consulted high school teachers regarding systemic principles of working with students. Seminar content included: systemic dynamics of the classroom, conflict resolution, communication skills, connecting with students, facilitating students' appreciation for diversity and respect for self and others.

RESEARCH EXPERIENCE

Syracuse University, Departments of Child and Family Studies

May 1997-
Aug. 1998

Doctoral Research

Advisor: Kenneth V. Hardy, Ph.D.

Title of research: A Path Model of Couple Intimacy: Examining the Residuals of Parenting Style on Young Adult Children's Heterosexual Couple Relationships

Conducted an extensive literature review on current research on the effect of parenting styles on children's socioemotional development (including emotional reactivity, conflict avoidance, and self-disclosure on couple intimacy. Designed a path model addressing the aforementioned variables as they relate to couple intimacy. Analyzed the data using SPSS, interpreted the results, and reported the findings in an oral presentation and written dissertation.

Brigham Young University, Department of Family Sciences

May 1994-
Aug. 1995

Master's Research

Advisor: Terrance Olson, Ph.D.

Title of research: The Effects of AANCHOR, a Relationship-Based Character Education Program, on Adolescents' Social and Personal Responsibility.

Analyzed substance abuse prevention, sex education, and life skill programs targeted at adolescents. Reviewed the literature on the psychological dynamics of prosocial behavior and methods of fostering such behavior in adolescents. Evaluated the effects of a relationship-based character education program through pre and post tests of experimental and control groups of students, using quantitative and qualitative instruments. Selected appropriate quantitative measures and developed qualitative questions. Administered the measures to the students, statistically analyzed the data using SPSS, and reported the results through an oral presentation and written thesis.

Aug. 1993-
May 1994

Research Assistant

Advisor: Leah Marangu, Ph.D.

Researched the following topics: the effects of migration on African families; the effects of the division of household labor on children's development and family cohesiveness.

COMMUNITY PRESENTATIONS

Oct. 2022

"Mind, Heart, Body, Spirit: Soul Surfing Ketamine Assisted Psychotherapy"

You are Not Your Trauma, Trauma Summit, co-presented with Danna Skoy.

Salt Lake City, UT

Aug. 2015

"What's Sex Got to Do with It? Using EFT and Attachment to Understand and Treat Sexuality"

Counseling Department, Prescott College

Prescott, AZ

- Oct. 2004 **“Dealing Effectively with Stress”**
Psi-Beta Conversations, MCC Red Mountain
Member of a panel discussing effective strategies for dealing with the stressors of life.
Mesa, AZ
- Oct. 2003 **“Effective Communication for Conflict Resolution”**
Lecture given to a women’s group. Presentation and demonstration of a practical process of effective conflict resolution. Specific techniques for: lowering defenses, ending downward spirals of mutual blame, understanding of others’ perspectives that differ from your own. How to express empathy and understanding even when you don’t agree with the other’s perspective. Chandler, AZ
- Sept. 2003 **“Understanding Personality Disorders”**
Conference for lay clergy to assist them in setting and maintaining appropriate boundaries with members of their congregation, particularly those with possible personality disorders.
Glendale, AZ & Mesa, AZ
- May 2003 **“Elder Abuse and Late-Life Domestic Violence”**
University of Phoenix Counseling Program’s Annual Conference
Phoenix, AZ
- May 2003 **“The Many Faces of Abuse: Elder Abuse and Late-Life Domestic Violence”**
Glendale Public Library
Glendale, AZ
- Nov. 2000 **“Celebrating the Holidays as a Divorced or Blended Family”**
Arlington Center for Well Being
Arlington, VA
- Oct. 2000 **“Listening to Adolescents”**
Crisis Link (a volunteer organization receiving calls from people in emotional crisis)
Falls Church, VA
- Oct. 2000 **“That They May Have Joy: Helping Church Members with Sexual Difficulties”** American
Association for Mormon Counselors and Psychotherapists (AMCAP)
Northern Virginia Annual Conference
Annandale, VA
- Aug. 2001 **“He Said, She Said: Making Sense of Romantic Relationships**
Single Adult Conference, Church of Jesus Christ of Latter-Day Saints
Kensington, MD
- June 2000 **“He Said, She Said: Making Sense of Romantic Relationships”**
Single Adult Congregation, Church of Jesus Christ of Latter-Day Saints
Vienna, VA
- June 2000 **“Helping Your Children Adjust to Divorce”**
Chevy Chase Presbyterian Church
Washington, DC
- Feb. 1999 **“Intimate Relationships and Equal Partnerships”**

Enhancing romantic relationships through relinquishing stereotypical gender roles and establishing a cooperative partnership based on mutual commitment to fostering growth of self and each other.
Presented to a women's group
Falls Church, VA

- March 1997 **“Enhancing Family Relationships”**
Seminar for couples, parents, and adolescents on communication and conflict resolution.
Presented to a community group
Syracuse, NY.
- March 1997 **“All You Ever Wanted Your Children To Know About Sex, But Were Afraid to Teach”**
Presentation to a group of parents on teaching their children about human sexuality.
Fayetteville, NY
- Oct. 1996 **“Family Feud- Communication and Conflict Resolution in Family Relationships”**
Two one-hour presentations to the Hiawatha Council Boy Scouts.
Syracuse, NY
-

SPECIAL SKILLS

Modalities of Therapy:

- Emotionally Focused Therapy (EFT): Certified EFT Therapist & Supervisor
- Eye Movement Desensitization Reprocessing (EMDR): Training I & II
- Ketamine Assisted Psychotherapy (EFT & EMDR; practicing since 2018)
- MAPS MDMA Training Completed

Languages:

- French