

A self-motivated, well-organized **Clinical Director, Clinical Supervisor, Sex Researcher** respected for coordinating and executing complex research projects both qualitative and quantitative, including innovative research on neurodiversity and women. Proven track record in entrepreneurship and teaching with success establishing/launching a private clinical practice and developing curriculum to instruct students from diverse backgrounds. Out-of-the-box thinker committed to contributing to vibrant, cutting-edge research environments. Exceptional academic qualifications include a Doctor of Philosophy in Clinical Sexology (Successfully defended with distinction October 2022) and a Master of Education in Clinical Mental Health Counseling.

## SKILLS & EXPERTISE

Entrepreneurial Research  
Project Management  
Teaching/Instruction  
Individual/Group Therapy  
Mental/Sexual Health  
Curriculum Development  
Peer Support/Consultation  
Program  
Design/Management  
Course Creation  
Continuous Improvements  
Relationship Building  
Case Management  
Conflict Resolution  
Strategic  
Planning/Execution

## PROFESSIONAL EXPERIENCE

### Group Private Practice Owner/Clinical Director 2015 – Present

**The Center for Mental & Sexual Health: Online in multiple states**

*Deliver comprehensive education to students, therapists, and medical/professional staff members on sexual health and challenging imposter syndrome.*

- ✦ Provided compassionate individual/group clinical psychotherapy to individuals with sexual health, trauma, neurodiversity, and eating/body image issues.
- ✦ **Offered exceptional peer support and consultation for clients with sexual issues** to other therapists, psychologists, and social workers.
- ✦ **Developed and implemented an innovative program** instructing therapists on bringing their practices online in response to the COVID-19 pandemic.
- ✦ Devised and launched a program to **teach National Social Workers Association of Florida therapists methods for talking to their clients about sex.**

### Course Instructor 2019 – Present

**Modern Sex Therapy Institute: West Palm Beach, FL**

*Provided instruction on eating disorders trainings, acceptance and commitment therapy trainings in sex therapy training, and ADHD and sex therapy training.*

- ✦ Created and taught a wide array of courses on sexual health and treating sexual issues and **developed engaging curriculum for treating individuals with atypical sexual issues.**
- ✦ Supported students as a member of their dissertation committees.

### Adjunct Professor 2018-Present

**Whitworth University: Spokane, WA**

*Promoted student success by showing flexibility in teaching style and exhibiting a passion for teaching and engaging students in the learning process.*

- ✦ **Developed and taught a comprehensive course on conflict resolution** and developing conflict skills over individuals' lifespans for students from diverse backgrounds.

### Sex Offence Treatment Therapist 2016 – 2018

**Washington State Dept. of Corrections Sex Offence Treatment Program: Spokane, WA**

*Designated assignments focused on understanding the risks of committing sex offenses and psychoeducation.*

- ✦ Offered empathetic individual/group therapy and **instructed psychoeducation classes to male-identified and gender-diverse individuals with sexual offenses to reduce their risks to re-offend.**
- ✦ Facilitated clinical group/individual therapy to increase the understanding of deviant sexual thoughts/behaviors.
- ✦ **Created and taught the Sex Education, Healthy Relationships, and Compassion Focused Therapy adjunct groups and curricula** for 12-15 clients per clinical/adjunct group.

### Mental Health Therapist 2015 – 2016

**N.E.W. Alliance Counseling: Stevens County, WA**

*Analyzed situations and facilitated psychoeducational groups with patients with mental health diagnoses to ensure clients' obtained the tools needed to overcome difficult obstacles.*

- ✦ **Delivered individual, group, and family counseling to various populations** with client issues ranging from severe to mild mental health diagnoses.

**Clinical Mental Health Intern/Counseling Center Assistant****2014 – 2015****Spokane Community College: Spokane, WA**

*Drove smooth and efficient center operations by opening the counseling center, coordinating appointments, and delivering comprehensive clerical support to counselors.*

- ✧ **Provided one-on-one, group, and family counseling to diverse students** through the health center.
- ✧ Developed and conducted workshops and therapeutic groups for the student population for issues ranging from severe mental health issues to phase of life problems.
- ✧ Offered empathetic student support/development by connecting students with community/campus resources.
- ✧ Delivered conflict resolution with students and **offered key information on navigating the community college to continually meet all needs.**
- ✧ **Created and launched the smoking cessation program** to support students' health and wellbeing.

**Housing & Empowerment Programs Housing Specialist****2011 – 2012****Salvation Army: Spokane, WA**

*Performed extensive intakes for other housing programs and provided those individuals with key resources.*

- ✧ Provided critical housing resources for homeless and at-risk individuals to **improve their situations.**
- ✧ **Offered outstanding case management services** for homeless clients with barriers to locating housing.
- ✧ Actively participated in outreach for both programs with other community agencies to drive continued growth.

**Additional Experience:** Housing Specialist, SPARC/Spokane Mental Health PACT Team | Relief Staff Member, Miryam's House via Transition | Work Study Participant, Women's Hearth via Transitions

**EDUCATION & CERTIFICATIONS****Modern Sex Therapy Institute, Florida : Defended with Distinction October 2022****Doctor of Philosophy in Clinical Sexology**

- ✧ Dissertation: "ADHD and how it impacts AFAB people's sexual functioning."

**Whitworth University, Spokane, WA****Master of Education in Clinical Mental Health Counseling****Whitworth University, Spokane, WA****Bachelor of Arts in Psychology, Minor in Communication & Philosophy**

**Certifications or Additional Education:** AASECT Sex Therapy Certification, Modern Sex Therapy Institutes; Licensed Mental Health Counselor, Washington State; Compassion Focused Therapy Supervision, Russell Kolts, Ph.D. (2016); CFT for Sex Offence & Shame Treatment, Russell Kolts, Ph.D. (2016); ACT for Sex Offence Treatment, Kelly Wilson, Ph.D. (2016); Correctional Officer CORE Training, Walla Walla State Penitentiary (2016); Applied Suicide Intervention Skills Certificate, ASSIST- Livingworks (2015); Suicidal Ideation & Mental Health, PESI (2015); Person-Centered Documentation- Spokane County Health Dept. (2015); DBT 1 & 2 & Advanced Skills, PESI (2015); DBT for Eating Disorders, Mindfulness for Eating Disorders (2015); Acceptance & Commitment Therapy (ACT) Basics, Kelly Wilson, Ph.D. (2014); ACT Techniques & Structure, PESI (2014); Motivational Interviewing, PESI (2014)

**TECHNOLOGY & TOOLS**

*Microsoft Office: Word, Excel; QuickBooks, Podcast Audio & Video Programs, Zoom, Skype*

**HONORS & AWARDS**

*Top 10 Mental Health Podcasts, Goodpods (2022); Robin Mills Altruism Award, Whitworth University Psychology Department (2007)*

**PROFESSIONAL AFFILIATIONS**

*Certified Sex Therapist, American Association of Sexuality Educators, Counselors, & Therapists (2019 – Present); Member, American Counseling Association (2014 – Present)*

**COMMUNITY ENGAGEMENT**

*Pride Volunteer, Out Sarasota (2022); Member*

**INTERESTS**

*Hiking, Fly fishing, Swimming, Podcasting (Sex Talk with Erika Miley), Singing, Crocheting, Acrylic Painting, Family Time*