

# Anne Miller, LISW, PMH-C

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## Curriculum Vitae

### Professional Summary

Licensed Independent Social Worker and Perinatal Mental Health–Certified (PMH-C) therapist with extensive experience supporting individuals experiencing postpartum mood and anxiety disorders (PMADs) and women’s mental health concerns across the reproductive lifespan. Provides trauma-informed, person-centered psychotherapy grounded in evidence-based interventions including EMDR, CBT, and ACT. Experienced administrator, clinical leader, and owner of a women’s mental health group practice. Background includes nonprofit leadership, policy advocacy, program development, and school-based mental health services.

### Professional Competencies

- Perinatal mood and anxiety disorder treatment (PMADs)
- Trauma-informed clinical practice
- EMDR for birth trauma and perinatal PTSD
- Cognitive Behavioral Therapy (CBT) and Acceptance & Commitment Therapy (ACT)
- Clinical leadership and supervision
- Program development and evaluation
- Community mental health collaboration
- Policy advocacy and nonprofit management

### Clinical Focus Areas

- Perinatal depression, anxiety, and OCD
- Birth trauma and perinatal PTSD
- Infant loss, miscarriage, and reproductive grief
- Adjustment to parenthood
- Women’s mental health across the lifespan
- Trauma recovery
- Identity development and life transitions
- Stress, burnout, and compassion fatigue

## Professional Experience

### **Owner & Therapist, Ampersand Therapy Collective** – Multi-State 2024-Present

Founder and clinical director of a psychotherapy group practice specializing in postpartum mood and anxiety disorders and women's mental health. Provide advanced perinatal mental health treatment including perinatal depression, anxiety, OCD, birth trauma, reproductive loss, and adjustment challenges. Integrate trauma-informed approaches with EMDR, CBT, and ACT for clients across Iowa, Indiana, South Carolina, Idaho, and Florida. Oversee practice operations, clinician support, community partnerships, and clinical programming.

### **Bloom Women's Wellness** - Des Moines, IA 2022-2024

#### *Therapist*

Provided holistic mental health care to clients across the state of Iowa. Specializing in person centered, trauma informed, and strengths-based therapy, utilizing multiple research-based modalities including eye movement desensitization and reprocessing (EMDR), cognitive behavioral therapy (CBT) and acceptance & commitment therapy (ACT). Completed Postpartum Support International's Perinatal Mood and Anxiety Disorder Training and Advanced Perinatal Mental Health Psychotherapy Training.

### **MBA Opens Doors Foundation** - Washington, DC 2012-2022

#### *Independent Contractor*

Managed all aspects of the Home Grant Program. Advised referring social workers at thirteen major children's hospitals across the country of program guidelines. Work with families and social workers of critically ill children to ensure their eligibility for programming. Receive and process all grants from application to award notification and disbursement of funds. Assisted the national Mortgage Bankers Association in the creation and development of their charitable arm, the MBA Opens Doors Foundation.

### **Audubon Community Schools** – Audubon, IA 2014-2020

#### *At Risk Coordinator* - 2015-2019

#### *Substitute 7-12 District Counselor* - 2014, 2018, 2020

Covered selected roles and responsibilities for the district's school counselor during their parental leave.

#### *Grant Writer* - 2014 & 2019

Facilitated planning efforts and successfully wrote federal grant requests for the Teacher Leadership & Compensation Grant Program, the 21<sup>st</sup> Century Community Learning Center Grant Program, and other smaller grants.

### **Spare Key** - Bloomington, MN 2010-2012

#### *Executive Director*

Provided overall management, strategic planning, and leadership for the organization. Directed development and fundraising efforts. Identified and wrote grant proposals to obtain funding from private and corporate foundations and government sources. Directed annual giving campaigns. Cultivated corporate relationships to secure event sponsorship and in-kind donations. Created and implemented a social work internship program.

**Grasstops, Inc.** - St. Paul, MN 2002-2010

*Executive Director, Co-Founder*

A multi-service advocacy organization providing lobbying, consulting, training and research services to social workers, nonprofits, and community groups. Analyzed current law and proposed legislation to determine impact on clients. Developed and executed action plans. Trained clients on a variety of topics relating to public policy. Advocated for clients through direct lobbying, stakeholder mobilization, and educating decision makers. Provided research services for clients exploring best practices, past and present policy, policy implications, and connections with other groups. Guided the vision of the organization through strategic planning. Led board recruitment and development. Supervised social work student interns and volunteers.

**St. Olaf College** - Northfield, MN 2006

*Instructor*

Taught two undergraduate courses in the social work department: SW 274 "Evaluation of Social Work Practice and Programs" and SW 120 "I Want to Help People: An Introduction to the Helping Professions."

**Gamble-Skogmo Chair in Child Welfare & Youth Policy** - St. Paul, MN 2003-2004

Destination 2010 Evaluation Project

Research Assistant

## **Education**

**Master of Social Work (MSW), University of Minnesota — St. Paul, MN (2003)**

Emphasis: Human Services Management; Community Organizing & Advocacy

**Bachelor of Science in Social Work, University of Nebraska Omaha — Omaha, NE**

Honors: Dean's List, Phi Eta Sigma, Golden Key Honor Society

**Teaching Certificate —Psychology Endorsement, Morningside College — Sioux City, IA**

## **Certifications & Specialized Training**

- Perinatal Mental Health Certification (PMH-C), Postpartum Support International
- Perinatal Mood & Anxiety Disorders Certificate Training, PSI
- Advanced Perinatal Mental Health Psychotherapy Training, PSI
- EMDR, CBT, ACT clinical training

## **Volunteer & Community Leadership**

School Board Member, Audubon Community School District (2021–Present)  
Hospital Board Member, Audubon County Memorial Hospital (2019–Present)  
Board Member, Audubon County Early Childhood Organization (2014–2016)  
Board Member, NASW–MN Chapter (2007)  
SPAN Committee Member, NASW–MN Chapter (2003–2009)

## **Awards & Honors**

Early Career Excellence Award, NASW–MN Chapter (2006)  
Ruth Marske Award, University of Nebraska Omaha (2002)