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Certification/Licensure

Licensed Professional Counselor in the State of Oregon (C8032) and Arizona (13800)

Education

Masters in Science and Counseling, University of Phoenix, *Phoenix, AZ* 2008
Masters Equivalent in Homeopathy, Phoenix Institute of Herbal Medicine and Acupuncture, *Phoenix, AZ* 2017
Bachelor of Arts in Psychology, Allahabad University, *Allahabad, India* 1991

Selected Professional Experience

- DBT Therapist**, Portland DBT Institute, *Portland, OR* *Present*
- Providing DBT individual and group therapy to adults
 - Working with individuals who struggle with eating disorders in conjunction with other mental health problems.
- Self-Employed Licensed Professional Counselor**, Serene Self PLLC *2012-present*
- Established and managed Serene Self PLLC, an independent counseling practice, catering to individuals, couples, and adolescents with mental health disorders.
 - Implemented DBT with a focus on adults and adolescents, achieving improvement in clients' emotional regulation and coping abilities.
 - Facilitated a successful DBT skills group for adolescents, consistently exceeding expectations and enhancing participants' skills.
 - Delivered EMDR therapy for adults and children, specializing in treating Post-Traumatic Stress Disorder (PTSD), depression, anxiety, and substance use disorders.
 - Applied EFT skills for couples, fostering healthier relationships and improved connection.
 - Continuing to provide teletherapy to individual and couples in Arizona, Florida, and Oregon.
- Contract EMDR Therapist**, Sierra Tucson, *Tucson, AZ* *2012-2013*
- Provided EMDR therapy to patients at Sierra Tucson, specializing in trauma treatment and addiction recovery.
- Collocated DBT Counselor**, Marc Center of Mesa, *Mesa, AZ* *2009-2012*
- Counseled severely mentally ill adults and those with co-occurring disorders, delivering person-centered therapy.
 - Implemented Dialectical Behavior Therapy (DBT) to adults diagnosed with Borderline Personality Disorder (Axis II), resulting in an improvement in emotional regulation and interpersonal effectiveness.
 - Conducted individual and group counseling sessions, fostering emotional well-being.
 - Provided EMDR therapy to clients diagnosed with Post-Traumatic Stress Disorder (PTSD), achieving substantial improvements in their condition.
 - Conducted comprehensive assessments and made DSM IV diagnoses, ensuring accurate treatment recommendations.



Resident Therapist, Phoenix Interfaith Services, *Phoenix, AZ* 2008-2009

- Received intensive training in Dialectical Behavior Therapy (DBT) and Acceptance and Commitment Therapy (ACT) to provide specialized services to adults dealing with self-harming behaviors
- Administered Cognitive-Behavioral Therapy and Dialectical Behavior Therapy to individuals experiencing various mental health challenges, including those with severe suicidal tendencies.

Contract Therapist, EMPACT-SPC 2008

- Counseled children and families in the Integrated Clinical Services department, offering in-home and in-office counseling services.
- Provided effective therapeutic services, fostering emotional well-being in clients.

Counseling Intern, EMPACT-SPC and Trauma Healing Services 2008

- Conducted counseling, assessments, and diagnoses for adults, children, and families as part of the Integrated Clinical Services department.
- Facilitated cognitive-behavioral groups for adults and children, promoting emotional regulation and anger management.
- Co-facilitated a Dialectical Behavior Therapy (DBT) skills group for women, resulting in notable progress.
- Shadowed the mobile crisis dispatch team, gaining valuable experience in crisis intervention.

Level II, Direct Support Specialist, Child and Family Support Services (CFSS) 2007-2008

- Collaborated with children and families referred by Child Protective Services (CPS), Value Options, Southwest Behavioral Services, and Devereaux.
- Worked with adolescents experiencing a wide spectrum of mental and emotional disorders, including depression, bipolar disorder, disruptive behavior disorder, learning disorder, conduct disorder, & obsessive-compulsive disorder.
- Guided families and children through the transition from residential treatment centers to their homes, ensuring a safe and supportive reintegration process. This was particularly crucial, as many of these children had endured trauma from neglect, physical or sexual abuse, and substance use.
- Supported their therapeutic journey by facilitating their reentry into the community, aiding them in acquiring coping skills, social skills, positive family interactions, and offering alternatives to agitation and aggression.

Financial Counselor, University of Phoenix, *Phoenix, AZ* 2006

- Manages the entire Louisiana Campus as the assigned financial counselor.
- Provided comprehensive support to students via email and phone, offering guidance on financial aid and scholarship opportunities.
- Mentored and coached working adult students in their pursuit of higher education, helping them navigate their academic journey toward improved career prospects.

Practicum and Internships

- Externship in Emotionally Focused Therapy in 2019
- Core Skills for Emotionally Focused Therapy for couples in 2020
- AETR2N-EMDR recent events protocol training in 2012
- EMDR trainings Level I and II: HAP trainings in 2009
- Residency: 2008, 1 year residency training in Dialectical Behavior Therapy and ACT



- EMPACT-SPC: 2008, 30 week counseling internship in children and adult general mental health
- Trauma healing services: 2008, 30 week part time counseling internship in counseling adults with a history of sexual abuse and/or domestic violence, and/or eating disorder
- University of Phoenix Counseling Skills Center: 2007, 8 week counseling practicum.

Community Service

- Conexa, Inc., a California Nonprofit Corporation – Volunteer work to facilitate and teach EFT skills for couples in Uganda, Africa 2023
- DYNAMIS – Volunteer work to help with Homeopathic Treatment to AIDS patients in Tanzania, East Africa 2018
- Currently volunteer with EMDR HAP (Humanitarian assistance program) and AETR2N (Arizona EMDR trauma response and recovery network)
- Center for Autistic Children, India
- Arizona Science Center
- Kyrene School District
- Teach Indian Dancing to Children (ages 5-12)

Affiliations

- ICEEFT – Membership with International Centre for Excellence in Emotionally Focused Therapy 2019 to present
- AZEFT – Membership with Arizona Emotionally Focused Therapy 2019-present
- EMDRIA – EMDR International Association 2014 to present
- AZBBHE – Arizona Board of Behavioral Health Examiners 2008 to present
- CONEXA – Inc., a California Nonprofit Corporation 2023
- AETR2N – AZ EMDR trauma response and recovery network 1/21/2012 to present
- Chi Sigma Iota-Counseling honor society 2005 to present
- American Counseling Association 2005 to present
- American Psychological Association 2005 to 2007
- Association for Creativity in Counseling 2006-2007

Conference Honors and Awards

- **Child and Family Support Services Award of Excellence, June 2007**
- **Child and Family Support Services Award of Excellence, August 2007**

