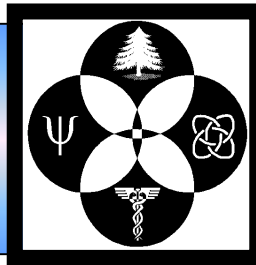


# Therapy Integration Practices, Inc

Gaaren Anderson, LMFT, Pres

Using Relationships, Mind, & Body=>effective change  
& supporting HealthCare Practitioners with same vision



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## Gaaren Anderson, LMFT----RESUME

THERAPY POPULATIONS--Couples / Families	TEACHING
<ul style="list-style-type: none"> <li>• Communication</li> <li>• Boundaries/Assertiveness</li> <li>• Divorce Difficulties</li> <li>• Negotiation</li> <li>• Step/Blended Families</li> <li>• Acting Out Children</li> </ul>	<ul style="list-style-type: none"> <li>• Workshop/Inservice Facilitator</li> <li>• Curriculum Design</li> <li>• Secondary Administration &amp; Teaching</li> <li>• Learning Styles</li> <li>• Collaborative Learning/Small Groups</li> <li>• Experiential Learning</li> <li>• Application to Real Life</li> </ul>
THERAPY POPULATIONS--Individuals	THEORETICAL APPROACHES
<ul style="list-style-type: none"> <li>• Substance Abuse/Addictive</li> <li>• Employment/Careers</li> <li>• Affective/Mood/Anxiety</li> <li>• Diverse Culture/Economic</li> <li>• Impulse Control</li> </ul>	<ul style="list-style-type: none"> <li>• Systemic Family Therapy</li> <li>• Attachment/Developmental</li> <li>• Cognitive-Behavioral</li> <li>• Psycho-Educational</li> </ul>
EDUCATION	LICENSES
<ul style="list-style-type: none"> <li>• <b>M.Ed. COUNSELING &amp; GUIDANCE</b> - Master of Education (1981) Brigham Young University</li> <li>• <b>B.A. PSYCHOLOGY</b> - Bachelor of Arts ---(1977)Brigham Young University</li> </ul>	<ul style="list-style-type: none"> <li>• <b>LMFT</b> WA State Licensed Marriage &amp; Family Therapist # 020705 LF00001746</li> <li>• <b>LMHC</b> WA State Licensed Mental Health Counselor # 020703 LH00007107</li> </ul>
PROFESSIONAL AFFILIATIONS	
<ul style="list-style-type: none"> <li>• <b>AAMFT</b> American Assoc of Marriage &amp; Family Therapists -- Clinical Member</li> </ul>	

- **WAMFT** Washington Assoc of Marriage & Fam Therapists -- Member
- WAMFT Direct Recognition Committee Member & Region 3 Coordinator

## EXPERIENCE

### **Private THERAPY INTEGRATION PRACTICES (1983 to present----Full-Time since 93)**

**Practice** Private practice in Auburn, WA

**Therapist** Adult individual, couples & family therapy. Began with adolescent specialty. Shifted to general practice with Specialty : couples & relationship difficulties. Communication. Boundaries/ Assertiveness. Intimacy. Affairs. Sexual Difficulties. Trust. Divorce. Negotiation. Specialty: Integrative Behavioral Medicine approach to emotional difficulties (systemic/cognitive/biological). Preferred Provider for many Managed Care Organizations. EAP/MCO Assessment/Referral. Short-Term Coordinated Treatment Planning. Mental Status & Substance Abuse Screening. MFT Supervision toward CMFT Certification. Consulting services for other therapists.

### **Child & GOOD SAMARITAN MENTAL HEALTH (1995 to 1996) Family Therapist** at A Regional Support Network Mental Health Agency in Puyallup, WA---Children's

Part-time contracted panel work as part of private practice, providing individual & family therapy for children. RSN Requirements. Coordinating with RSN & Managed Care Organizations. Minority Consults.

### **Child & NORTHWEST BEHAVIORAL / NORTHWEST COUNSELING INSTITUTE (1997 to 1998) Family Therapist**

Part-time contracted panel work as part of private practice, providing individual & family therapy for children. Provided a satellite office for them out of my office. Med Coupons.

### **Individual & AUBURN YOUTH RESOURCES (1986 to 1993) Family Therapist** Youth Service Bureau in Auburn, WA

- In-Office Therapy : using a strongly systemic model for treating adolescents. Anger Mgt. Life Skills.
- FRS Phase II Crisis Intervention (contract with DSHS/Family Reconciliation Services): In-home intensive brief family therapy to prevent placement. Dropout prevention.
- Child Abuse Treatment Svcs Team : therapy/skills/resources to CPS families to avoid placement. Risk Assessment.
- Drug/Alcohol Treatment Team : QCDC, School & Juve Ct Assess... Group & Individual Treatment. Skills Training.

- Supervision : Led Peer Supervision Group .. 1-way Mirror & Team Interventions.Organized Ericksonian/NLP Study Group. Provided Inservice & Supervision to 15 Children's Home Society/ Families First & Muckleshoot ChildCare Staff .Team Presenter for King Co Training Consortium. Consult to South King County Youth Shelter.

**Millieu/Family COMPREHENSIVE MENTAL HEALTH CENTER (1983 to 1986)  
PsychoTherapist**

- **Residential Therapist** at Pearl Street Center / : in residential adolescent psychiatric facility.Millieu Therapy.
- **Team Leader of Family Intervention Team** : a cooperative venture between Pierce County Juvenile Court/ Rehmann Hall, Kitsap Juvenile Court, & Comprehensive Mental Health to provide needed services to youth on probation. individual & family therapy.in office, homes, street, schools, & detention.Coordining with Probation/Parole Officers, Detention Staff, Schools, Parents, GALs, Judges.Assessment & Recommendations.Administrative duties.

**Field SUMMER YOUTH EMPLOYMENT PROGRAM (Summer 1983)  
Coordinator Tacoma-Pierce County Employment & Training Consortium**

Coordinated summer job placement & supervision of 53 low-income & handicapped youth.Career skills.

**Director & PROVO ALTERNATIVE SCHOOL (1979 to 1982) Counselor --  
Provo Public School District, in Provo, UT**

- **Director:** Researched & designed this innovative program from ground up.Unique curriculum focused on life goals.Hired & supervised 6 high school teachers.Individualized.Community-based.Organized & supervised internships in private sector.Expanded program to provide technical college courses for high-school credit.
- **Counselor:** Provided academic & personal counseling for students.relatively small school-knew each personally.
- **Youth In Custody: Counselor** : Outreach for teens on probation.
- **Program director:** Administrative & supervised 2 counselors.

**OTHER**

- **Coordinator of Student Life Learning Resource Center (1978 to 1979)** Brigham Young University/Counseling Center
- **Problem-Solving Committee---Member (1978 to 1979)** Utah Adult Ed Task Force on Minimal Competencies
- **Educational Assessment Specialist (1979)** US/HEW Diagnostic Testing Team at BYU
- **Psychiatric Aide (1976 to 1978)** Utah State Mental Hospital/Youth Dorm

- **Attendant I & Acting Attendant II (1972 to 1975) Detention --E. Baton Rouge City-Parish Family Court**

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