

education

M.A. *Psychology*, Antioch University, Seattle, WA, June 2000
B.A. *Psychology*, University of Puget Sound, Tacoma, WA, May 1995

credentials

Licensed Mental Health Counselor, #LH00007998 (LMHC)
Geriatric Mental Health Specialist (GMHS)
Certified Care Manager (CMC)
National Certified Counselor (NCC)

professional leadership

National Association of Professional Geriatric Care Managers (NAPGCM)

Chair, Educational Alliance Committee (January 2011 to Present)
Alliances & Liaison Committee (September 2008 to 2010)
Certification Committee (January 2010 to December 2010)
Western Region Chapter Certification Point Person (January 2009 to December 2010)

NAPGCM, western region chapter

Board of Directors, February 2008 to Present
Board Secretary, January 2010 to Present
Conference Planning Committee, Secretary, 2007 Conference to 2010
Washington State GCM Unit Group, Co-Chair, January 2008 to May 2010
Chair of Membership Committee, January 2008 to December 2009
Rotary Club of Seattle
Keekwulees Counselor (New member counselor), July 2009 to Present

Washington Mental Health Counselors Association (WMHCA), Board of Directors

Member at Large, July 2005 to December 2007
Public Policy Chair, July 2003 to June 2005
Past President, July 2002 to June 2003
President, January 2000 to June 2002
Membership Chair, July 2000 to June 2001
Student Representative, July 1999 to June 2000

Northend Senior Care Coalition, Board of Directors, Secretary, February 2005 to July 2006

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community service

Alzheimer's Association, Western & Central Washington State Chapter

Volunteer of the Quarter-Winter 2006
Facilitator of young onset early stage patient support group, January 2010 to Present
Facilitator of early onset support group for caregivers, March 2004 to Present
Facilitator of early stage memory loss support group, September 2005 to October 2009
Conference Planning Council, August 2006 to 2007

Rotary Club of Seattle

Community Service Committee member, September 2008 to Present

Group Health Cooperative, Seattle, WA

Co-facilitator of "Living Well with Chronic Conditions" Workshops
February 2002 to August 2004

Skagit Rape Relief & Battered Women's Services, Mount Vernon, WA

Volunteer for crisis line, February 1996 to September 1997

Skagit Hospice, Mount Vernon, WA

Volunteer, April 1997 to September 1997

professional experience

Aging Wisdom, Inc. (President), *Professional Geriatric Care Manager & Clinical Supervisor*
Seattle, WA, Sept. 2003-Present

Antioch University, *Adjunct Faculty*, Seattle, WA, September 2003-Present

The Clinical Treatment of Older Adults and Their Families

Argosy University *Adjunct Faculty*, Seattle, WA, May 2003-August 2007

Abnormal Psychology
Counseling Skills I and II
Social and Cultural Foundations of Counseling

Wallingford Senior Center, *Social Service Coordinator*, Seattle, WA, February 2005-July 2006

Valley Cities Counseling, *Clinical Therapist*, Federal Way, WA, June 2000-March 2005

Seattle Mental Health, *Clinical Therapist (Intern)*, Seattle, WA, September 1999-June 2000

King County Crisis Clinic, *Crisis Intervention Specialist*, Seattle, WA, October 1999-June 2000

Community Psychiatric Clinic, *Crisis Clinician*, Seattle, WA, October 1998-March 2000

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Community Psychiatric Clinic, *Clinical Case Manager*, Seattle, WA, December 1997-Oct. 1999

Eastside Mental Health, *Vocational Case Manager*, Bellevue, WA, Sept. 1997-Dec. 1997

People Systems, *Vocational Rehabilitation Specialist*, Mount Vernon, WA, Feb. 1996-Sept. 1997

presentations and workshops

National Clinical Mental Health Counseling Examination (NCMHCE) Preparation Course
WMHCA & Cascadia Training, January 2004 to Present

Starting Your Private Practice

Cascadia Training, Winter 2007 to Present

Seattle University (three hour workshop for students), May 2008

Washington Mental Health Counselors Association (WMHCA), March 2006-2009

Marketing Your Private Practice

Cascadia Training, Winter 2007 to Present

Washington Mental Health Counselors Association (WMHCA), March 2006-2009

In the Trenches: The Rewards and Challenges of Managing an Independent GCM Practice

NAPGCM Western Region Chapter Conference, October 2010

Aging: Are You and Your Parents Prepared, Renton PUD, January 2009

Elder Panel Speaker, Northwest Trust Conference, April 2008

Aging Series, Renton School District, Winter 2008

Psychology of Aging, What Every Clinician Needs to Know, October 2006

Cascadia Training Institute, Seattle, WA

Assistance with Resistance: Promoting Change with Your Aging Parent (Panel Presentation)

Ida Culver Assisted Living, November 2006

Addressing the Needs of Older Adults, Their Families and Caregivers, WMHCA, March 2005

Surviving the Holiday Blues, Wallingford Community Senior Center, November 2005

Surviving the Holiday Blues, Ida Culver Assisted Living, November 2005

Home is Where the Help Is: Chinese Evangelical Church, Seattle, WA, November 2005

Medicaid and Elder Law Issues in Washington, Presentation on "Elder Care Management"

Lorman Educational Services, February 2005

The Psychology of Aging: Working with Older Adults and Dementia 101

Service Alternatives, August 2004 and May 2006

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Advancing Professional Competency: The Developmental Stages of the Psychotherapist
Seattle Counselors Association, May 2004

Hatch, Match, and Dispatch: The Professional Lifecycle of the Mental Health Counselor
American Mental Health Counselors Association National Conference, July 2003

professional memberships

National Association of Professional Geriatric Care Managers (NAPGCM)

Washington Mental Health Counselors Association (WMHCA)

Rotary Club of Seattle

American Society on Aging

Alzheimer's Association, Western & Central Washington State Chapter

Northend Senior Care Coalition

