

## **Mena K. Zaminsky**

PsyD, LMFT

San Francisco & Berkeley, CA

LMFT #41265

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**415. 420. 4464**

### **RELEVANT SKILLS & EXPERIENCE:**

- Director, Outpatient Services, Walden House
- Licensed Marriage Family Therapist/Expressive Arts Therapist
- Adjunct Faculty, City College of San Francisco
- Licensed Advanced Alcohol and Drug Counselor
- Associate Director, Drug & Alcohol Certificate, City College of San Francisco
- Internship Coordinator, City College of San Francisco (Community Health Works)
- Assistant to the President of the Haight Ashbury Free Clinics

### **Director, Outpatient Services, Walden House, San Francisco**

- Provided Leadership and oversaw all aspects of Outpatient Services and Residential Services for 24-bed Residential Dual Recovery Program for clients with Co-Occurring Disorders. Responsibilities included ensuring treatment was consistent with contract goals, monitoring for successful retention and completion of client program, developing department goals, designing and implementing department programming, policies and procedures, hiring, training, evaluating, supervising, disciplining and terminating subordinates. Oversaw accurate client documentation and responsible for Quality Assurance Reviews. Oversaw planning for ceremonies and events.
- Responsible for all Clinical Processes, including providing individual and Group Clinical Supervision to MFT and MSW Interns and other staff. Triaged Clinical crisis situations. Provided clinical training to staff and arranged for in-service trainings. Provided leadership for interagency collaborations and program oversight with partner agencies.
- Served on Clinical Committees to design and implement criteria for admissions, case management and program priorities for clients with co-occurring disorders. Served on other committees including designing and implementing new staff orientation and strategic planning.

### **Counseling: Licensed Marriage Family Therapist/Expressive Arts Therapist/ Certified Addiction Treatment Counselor**

- Responsibilities included: street outreach to homeless individuals; referral/case management services, psychotherapeutic interventions with individual clients, conducting intakes, co-facilitating and individually facilitating groups (detox, early recovery, aftercare, multiple diagnosis, expressive arts therapy), writing treatment plans, progress notes, and clinical reports to Social Security in support of disability claims.
- Facilitated groups, including Dialectical Behavioral Therapy (DBT) and Seeking Safety.
- Client population has included homeless, substance abusing/dependent, multiply diagnosed, former and current sex workers, adolescents, in-patient psychiatric and elementary school students. Provided Clinical supervision for case managers.
- Counseling and referral for students at City College of San Francisco.

### **Educator and Trainer:**

- **City College of San Francisco:** Permanent Adjunct Faculty, Drug & Alcohol Certificate Program. Classes taught have included: Co-Occurring Disorders, Introduction to the Drug & Alcohol Counselor Certification Program, Group Facilitation, Addiction Treatment Skills, Beginning Internship; Non-credit courses include prep course for Certified Addiction Treatment Counselor Exam and Internship course, prep workshop. Academic Program Development, including developing courses to present to the curriculum committee for approval; Member of the Community Advisory Board since 2001.
- **California Institute of Integral Studies.** Taught trauma course for ICP Graduate Program.
- **John F. Kennedy University,** Continuing Education, Pleasant Hill, CA. Taught Chemical Dependency Training for Graduate Program.
- **Northern California Art Therapy Association.** The Treatment of Trauma using Expressive Arts Therapy
- **In-service presentations:** Trauma and Addictions, Transference & Counter-transference, Mandatory Reporting, Crisis De-escalation, Relapse Signatures: Walden House; Expressive Arts Therapy in Substance Abuse Treatment: Haight Ashbury Free Clinics, Napa State Hospital, Sunset Mental Health Clinic, Volunteer Legal Services Program of the Bar Association of San Francisco.
- **Suicide Anxiety & Depression in College Students,** Mental Health Symposium (Promoting Mental Health in our Schools) sponsored by San Francisco State University and KQED, March, 2003.

- **Multiple Diagnosis staff training for Bay Area Addiction Research & Treatment, Inc. (BAART)**
- **Introduction to trauma and healing trauma using the creative process, Hemophilia Foundation of Northern California.**

### **Public Policy – Information & Referral Services**

- Community Presentations including Department of Public Health, Community Substance Abuse Services (currently, Community Behavioral Health Services), Treatment on Demand Counsel and community-based organizations.
- Developed and updated program policies and procedures for Drug & Alcohol Certificate, City College of San Francisco.
- Extensive public contact with local, state and national substance abuse treatment professionals and organizations. Coordinated press interviews regarding substance abuse issues.

### **Development**

- Grant research and writing. Successfully attained funding for the City College of San Francisco, Drug & Alcohol Counselor Certification Program.
- Grant management, including preparing budgets, renewals and reports for City College of San Francisco, Drug & Alcohol Certificate program.
- Grant fulfillment Project Coordinator, leading a team in developing a Performance Based Exam for Drug & Alcohol Certificate students in order to increase and enhance counselor competencies.
- Successful contract grant writing for City and County of San Francisco funded program, Walden House.

### **Other Management**

- Associate Director of Drug and Alcohol Counselor Certification Program, City College of San Francisco. Responsibilities included establishing and maintaining relationships with professional organizations, public agencies and community-based organizations; program presentation; program planning and development; policy development; providing assistance to students and prospective students; student recruitment, (including CSAS (now CBHS) cohort recruitment), outreach material development, including program manual; facilitating Advisory Board Committee meetings and direction of Committee; organization and presentation of

student orientation; curriculum development; reports, evaluations and supervision of interns and clerical staff.

- Internship coordinator. Coordinated, planned and developed substance abuse treatment fieldwork placement sites for students, including protocol development, developing memorandum of understanding, on-going site visits, maintaining relationships with field work host sites.
- Oversaw daily operations during twelve years as a business owner and ten years in therapy private practice

## **EMPLOYMENT HISTORY:**

**2004/05–present:** Private Practice, Marriage Family Therapist, San Francisco, CA 2000-present: Faculty, City College of San Francisco, Addictions Counselor Certificate Program, San Francisco, CA.

**2010/06 – 1/09:** Director, Outpatient Services, Walden House, San Francisco, CA 11/01 – 2006: Marriage Family Therapist (formerly Registered Intern)/Expressive Arts Therapist, Health Care for the Homeless Program, Haight Ashbury Free Clinics, Inc., San Francisco, CA

**2002/00 – 10/01:** Associate Director, Drug & Alcohol Certificate, Community Health Works (a partnership of San Francisco State University and City College of San Francisco), San Francisco, CA

**2007/00 – 2/001:** Volunteer Marriage, Family, Therapist Intern, SAGE Project (Standing Against Global Exploitation), San Francisco, CA

**1997 – 2000:** Assistant to the President, Haight Ashbury Free Clinics, Inc., San Francisco, CA

**1998 – 2000:** Marriage Family Therapist Intern/Expressive Arts Therapist/Substance Abuse Counselor, Substance Abuse Treatment Services, Haight Ashbury Free Clinics, San Francisco, CA

**1999 – 2000:** Assistant to the Editors, Journal of Psychoactive Drugs, San Francisco, CA

**1995 – 1997:** Executive Assistant/Assistant Artist Manager, Olivia Records, Oakland, CA

**1992 – 1994:** Editor/Publisher, Mazel Publishing, San Francisco, CA 1983 – 1994: Owner/Administrator, Mazel Equities National Associates, San Francisco, CA

**EDUCATION:**

**2018:** PsyD, Ryokan College

**1999:** Master of Arts in Counseling Psychology, Expressive Arts Therapy Concentration, California Institute of Integral Studies, San Francisco, CA

**1982:** BA in Social Science, San Francisco State University

**1981:** Certificate of Applied Gerontology, San Francisco State University

**PROFESSIONAL TRAINING:**

**2019-20:** Emotionally Focused Therapy for Couples, Beyond Core Skills

**2018-19:** Rhythm of Regulation: Building a Polyvagal Foundation for your Clinical Practice. Intensive training program taught by Deb Dana, LCSW.

**2012-18:** Emotionally Focused Therapy for Couples: Externship, Core Skills I, Core Skills II, Assistant for Externship and Core Skills I

**2016-17:** Sensorimotor Psychotherapy for the Treatment of Trauma, Level II

**2016:** Psychobiological Approach to Couples Therapy (PACT)

**2015:** EMDR, Level III 2015: Accelerated Experiential Dynamic Psychotherapy (AEDP), Emersion Course

**2014:** Emotionally Focused Therapy for Individuals

**2014-15:** Sensorimotor Psychotherapy for the Treatment of Trauma, Level I (Assistant)

**2012-14:** Hakomi Advanced Methods in Mindfulness Based Experiential Psychology, Levels I & II 2010: EMDR, Levels I & II 2012: California Office on Problem Gambling, training and authorized provider

**2008-09:** Bill Bowen, Psycho-Physical Therapy (Somatic Psychotherapy & Trauma),

**2007-09:** Sensorimotor Psychotherapy for the Treatment of Trauma, Level I & Advanced

**2008:** Dialectical Behavioral Therapy (Alan Fruzzetti),

### **Additional Professional Training:**

- Motivational Interviewing and the Stages of Change
- Somatic Approaches to Treating Trauma
- Emotional Freedom Technique (tapping)
- Making Trauma Therapy Safer: The Psychophysiology of Trauma and PTSD, San Francisco Hakomi Institute
- Frontiers of Trauma Treatment, Bessel Van der Kolk
- Addressing the Consequences of Trauma, A Narrative Perspective, White/Shapiro.
- Effects of Trauma on the Developing Child: Implications for Adult Development, Dr. Lenore Terr, M.D.,
- Disaster Mental Health, I & II, San Francisco Department of Health
- Critical Incident Stress Management, Diane Myers
- Seeking Safety, a Cognitive Behavioral Approach for the treatment of Addictions and Trauma
- Facilitator Training, Freedom from Smoking, American Lung Association
- Introduction & Advanced Dual Diagnosis, Diane Myers
- Clinical Supervision: Beyond the Basics,
- Understanding Craving: Managing the Physiology and Psychology of Compulsive Behavior
- Dual Diagnosis: The Combined Treatment of Substance Abuse, Mental Illness & Other Medical Conditions
- Community Reinforcement Approach, Relapse Prevention Seminar
- Group Art Therapy in the Treatment of Substance Abuse
- Relapse Prevention Counseling (RPC), Rolland Williams
- Youth and Harm Reduction Groups
- Cultural Competency: African Americans and Substance Abuse,
- Working with Latino Clients, Issues and Treatment
- Domestic Violence Issues and Treatment

**BOARD MEMBERSHIPS:**

- **Northern California Community for Emotionally Focused Therapy**, Program Committee Chairperson & Board Member 2016-2018.
- **Drug & Alcohol Counselor Certification Program, City College of San Francisco:** Advisory Board Member, 2001-2018.
- **International Expressive Arts Therapy Association (IEATA):** Newsletter Editor and Publications Committee Co-Chair, Artist Committee Co-Chair, Board of Directors (former).
- **Community Behavioral Health Services, City and County of San Francisco:** Change Agents Planning Committee member (former).

**PROFESSIONAL ORGANIZATIONS:**

- American Psychological Association (APA).
- International Association of Emotionally Focused Therapy for Couples (ICCEFT).
- Northern California Association of Emotionally Focused Therapy for Couples (NCCEFT).
- California Association of Marriage and Family Therapists (CAMFT).