

JANELLE WASHBURNE, LCSW, CST

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CURRENT EXPERIENCE:

Private Psychotherapy Practice: 2010-present

Providing supportive therapy to couples and individuals dealing with challenges such as: divorce, separation, infidelity, compulsive sexual behavior, abuse, sexual/gender identity, relationship difficulties, communication concerns, depression and anxiety. Specializing in sex therapy and couples counseling using Solution Focused, Cognitive Behavioral Therapy and Emotional Focused Therapy techniques, as well as using a Systemic lens.

Adjunct Professor: University of Denver, Graduate School of Social Work 2011-present

Teaching graduate students in **Cognitive Approaches to Social Work Practice** and **Clinical I and II** courses and **Human Sexuality**. Currently teaching human sexuality including topics such as: gender identity and sexual orientation, history of human sexuality, sexual development through the lifespan, sex offenders and sex work. The course includes lectures, case conceptualizations, role plays, guest speakers, videos and other experiential learning.

Professor: Denver Family Institute 2011-present

Instructor for graduate students and post graduate students in an **Applied Ethics** course. This course addresses ethical, legal, and professional guidelines and concepts where students learn to apply and relate them directly to the field of marriage and family therapy. Also instructing post graduate students in **Couples and Sex Therapy** course. Areas of study include sexual dysfunctions as listed in the DSM IV, addressing sexually compulsive behaviors and infidelity in couple's therapy using a Systemic lens.

Clinical Supervisor: Denver Family Institute 2011-present

Supervising graduate students and post graduate students in becoming marriage and family therapists through individual and group supervision. Facilitating case conceptualizations, assessment, treatment planning and viewing live and recorded sessions of students conducting therapy sessions.

Denver Family Institute: Capstone Co-Director 2014-present

Educating and overseeing the final Capstone projects for the students at the Denver Family Institute for their completion of the two year marriage and family certificate program. Includes facilitating courses for the students regarding Denver Family Institute's core competencies which must be met in order for graduation. Involves coordinating with other supervisors and professors regarding the student's performance and preparation for Capstone and graduation.

PAST EXPERIENCE:

Co-facilitated: Globalization and Poverty in Mexico Course 2011

Participated and co-facilitated this course at the Graduate School of Social Work, University of Denver and Cuernavaca, Mexico with lead professor, Lynn Parker. Provided supportive services to students regarding participation and integration of learning experiences in rural Mexico over the course of 10 days.

Marriage and Family Therapist, MSW Intern: Denver Family Institute 2008-2010

Provided supportive family, couples, individual and children's play therapy.

Ability to access crisis situations and respond appropriately.

Applied interactive, systems approach, solution focused, emotionally focused techniques to enhance client and family systems.

Developed a new, dynamic brochure for the Denver Family Institute.

Earned a certificate in Marriage and Family Therapy after completion of the two year course.

School Based Counselor, MSW Intern: Catholic Charities 2007-2008

Provided counseling services to children, grades K-8, using play and art therapy.

Facilitated classroom workshops regarding friendship skills and bully proofing.

Collaborated with parents, teachers and staff regarding program development and advocating for children.

Developed curriculum and facilitated small group workshops for new students.

Testified in court as a witness in a child custody dispute.

Spiritual Counselor, Mile Hi Church of Religious Science 2005-2010

Successfully completed a rigorous 150 hour, two year training, licensing exam and oral panel to obtain a Religious Science Practitioner license.

Offering support and assistance to congregants through spiritual counseling and facilitating study groups.

Life Coach 2001-2008

Guiding clients in a supportive, empowering and creative environment to handle life changes such as job transitions, divorce, as well as grief and loss. Motivational speaking engagements to businesses and networking groups.

Image Consulting: 1992-2008

Conducting business "Dress for Success" workshops, closet analysis and image updates for clients to improve their professional image.

EDUCATION: Licenses and Certifications

PACT Therapist: 2015

Psychobiological Couple Therapy approach. PACT is a fusion of developmental neuroscience, attachment theory, and arousal regulation for treating the most challenging couples.

Completed 60 hours of training, readings and roleplays in the PACT methodology.

Licensed Marriage and Family Therapist: **2015**
Successfully passed the Marriage and Family Therapist exam, completed client and supervision hours and coursework required by the state of Colorado to become licensed as a Marriage and Family Therapist.

EMDR Trained Therapist: **2014-2015**
Eye Movement Desensitization and Reprocessing Therapist. Completed 50 clock hours of EMDR training through Maiberger Institute (an EMDRIA approved provider) as well as 10 hours of case consultation.

Supervision Course: Denver Family Institute: **2013-2014**
Included a 30 hour course, roleplay, reflection final paper and lectures regarding therapeutic lens used in supervision with students. This is required for AAMFT approved supervisor status.

Certified Sex Therapist:
American Association of Sex Educators, Counselors and Therapists(AASECT) 2013
Completed a rigorous program including 250 hours working with clients having sexual concerns, 90 hours of sexuality education, 60 hours of sex therapy training, 50 hours of sex specific supervision, 20 hours of SAR (sexual attitude reassessment) training which challenged the therapist's sexual values and beliefs.

Marriage and Family Therapist (Certificate) Denver Family Institute 2010
Strong clinical skills enhanced through live and taped supervision, coursework and conducting family, couples, children and individual therapeutic assessments and interventions. Completed a two year educational program and earned a certificate in Marriage and Family therapy.

Master of Social Work University of Denver 2009
Educational focus in the clinical family track. Learned several therapeutic modalities in working with individuals/ families and couples using one way mirror role plays.

Bachelor of Science in Merchandise Management Michigan State University 1984
Minor area of study: Psychology and Sociology.

VOLUNTEER EXPERIENCE:

Group Co Facilitator: WINGS (Adult Survivors of Childhood Sexual Abuse) 2014-2015
Providing co-facilitation of a weekly support group for the survivors of childhood sexual abuse exploring topics of survival and recovery from the effects of sexual abuse. Some of the effects of abuse that are discussed are: self harming behaviors, relationship difficulty, depression, anxiety, anger and setting appropriate boundaries.

Denver Family Institute Board of Directors: Faculty Representative 2014
Representing the needs of the Denver Family Institute faculty at the monthly board meetings. Planning the growth of client and student services at the Denver Family Institute as well as improving the financial status of the organization.

- Denver Family Institute: Faculty handbook** **2013**
Co-wrote an updated version of the Denver Family Institute Faculty handbook including new materials to be utilized for faculty regarding supervision guidelines and core competencies for the agency.
- Gender Identity Center: Clinical Supervisor** **2012-present**
Providing pro bono supervision for student interns in working with transgender clients and their families. Helping students develop case conceptualizations and interventions with the client and family system, as well as increasing their comfort level in working with transgender clients and their sexuality/gender concerns.
- Gender Identity Center of Colorado: Therapist** **2010-2011**
Providing therapy for clients questioning their identity and transitioning from one gender to another. Writing letters of approval for the client to receive hormone treatment and sexual reassignment surgery.
- Metro CareRing: MSW Clinical Supervisor** **2010-2011**
Supervised graduate student in placement where an MSW supervisor was not on staff (MetroCareRing). Included working with the student in navigating the clinical placement, client services as well as project development and completion.
- Sacred Heart: student therapist** **2008**
Provided counseling and life skills education to women in transitional housing.
- Praying Hands Ranch: assistant to clients** **2008**
Prepared horses and assisted riders using therapeutic riding skills, as well as working with court mandated juveniles.
- Father Ed Judy House: volunteer** **2008**
Facilitated and supported women in transition through life skills workshops.
- Denver Homeless Project at University of Denver** **2008**
Coached participants regarding interviewing skills for their job search.
- Mile Hi Church: Ministry of Prayer and Practitioner** **2005-2010**
Providing phone prayer support and brief counseling for congregants in crisis.
- Colorado Worker's Education and Employment (CWEE)** **2004-2005**
Developed and facilitated monthly skills and empowerment workshops.
- Warren Village** **1998-2001**
Participated in Millionaire's makeover program and facilitated motivational workshops.
- Rape Crisis Center: Grand Rapids, Michigan** **1981**
Attended a 40 hour training program and served women in crisis over the phone.

AWARDS AND MEMBERSHIPS:

- *Nominated as Field Instructor of the Year: University of Denver **2015**
- *American Association of Marriage and Family Therapists (AAMFT) member **2008-present**
- *American Association of Sex Therapists, Educators and Therapists (AASECT) **2009-present**
- *Phi Alpha Honor Society, University of Denver **2009**
- *Toastmasters of Inverness: **2004-2007**
President, Board of Directors, and Toastmaster of the Year.
- *DTC-Business Professional Women's Network: **2004-2007**
Woman of the Year nominating committee.