

Anna Welsh, PhD
Clinical Psychologist, PSY26223

ACCOMPLISHED PSYCHOLOGIST SPECIALIZING IN TRAUMA AND SPIRITUALITY

Psychodynamic, depth-oriented psychologist with extensive experience working in multifaceted and collaborative settings requiring the ability to engage clients in a meaningful alliance and build trusting relationships. At home in private practice settings, community clinics, hospitals, schools, and in residential treatment centers, my diverse training and experience allows me to draw from a comprehensive repertoire of skills to support recovery and healing at every stage.

CORE COMPETENCIES

- Seven years of extensive experience treating trauma disorders, addiction, eating disorders, mood and personality disorders
- Ability to utilize crisis intervention and advocacy skills in emergency situations
- Strong history of establishing effective collaboration with comprehensive treatment teams for full case load
- Adept use of psychodynamic, Jungian, somatic, and holistic approaches for treatment incorporating Spirituality
- Committed to establishing long-term treatment relationships with diverse clients
- Strong empathic attunement skills to address obstacles to growth and healing
- Experience with children, adolescents, families and adults
- Strong organization and communication skills, ability to remain calm and effective in crisis situations, enjoy collaboration

PROFESSIONAL EXPERIENCE

Director of Integrated Healing, Alta Mira Recovery Programs 7/2015-4/2016

- Serve as a Spiritual Guide to help patients explore and increase their connection to Spirit and develop the spiritual aspects of their recovery and treatment.
- Provide individual sessions and facilitate groups and workshops to help patients develop the spiritual component of wellness and recovery and to find meaning and purpose in their lives.
- Facilitate individual sessions with patients to expand and increase their understanding of and connection with spirituality and a higher power.
- Facilitate workshops in Spirituality, including Spirit Walk, a one day nature based experiential on cultivating sacred space; Recovery Statement Workshop, a one day intensive on identifying one's purpose and passion; and the Enneagram as a tool for self-reflection and cultivating presence

Primary Therapist, Alta Mira Recovery Programs 2/2014-7/2015

- Provided individual, group, couples, and family therapy to adults with co-occurring disorders in a residential treatment facility
- Facilitated psycho-educational groups on trauma, stress, and resiliency, along with facilitating gender specific process groups
- Collaborated with referring professionals, families, and significant others at all stages of treatment
- Provided comprehensive discharge planning for complex psychiatric and medical disorders

Mental Health Consultant for Fortune 100 Technology Company 7/2013

- Directed a program development plan focusing on improving wellness and resiliency by using advanced mobility technology with modern collaboration software for a Human Services and Health Care Agency for a large County seeking innovative use of technology for community empowerment

Psychological Assistant, Solstice Clinic 2/2013-9/2013

- Provided psychodynamic psychotherapy for an adult population living with trauma related symptomology, addiction, eating disorders, mood disorders, and personality disorders
- Collaborated with and established a treatment team of psychiatrists, physicians, and sober coaches, as well as residential treatment programs and integrative practitioners for holistic patient care
- Conducted in-depth intake assessments to create patient-driven treatment plans that draw from psychodynamic and Jungian approaches; incorporated somatic therapy, art therapy, guided imagery, and mindfulness into interventions

Crisis Therapist, Santa Monica/UCLA Rape Treatment Center 1/2012-1/2013

- Provided comprehensive treatment and advocacy during 36 hour on-call shifts 2-3x/month for acute sexual assault survivors of all ages and demographics
- Certified Sexual Assault Counselor
- Established atmosphere of respect and compassion while providing crisis intervention, accompaniment during medical/evidence collection exam, and advocacy for adults, teens, and children who receive treatment at the Rape Treatment Center or ER
- Collaborated with law enforcement, medical staff, and social services team to ensure comprehensive treatment for survivors of sexual assault
- Assessed for suicidality, homicidality, child abuse, and elder abuse and made appropriate mandated reports and referrals while also providing advocacy for survivors
- Facilitated follow-up care using a client-centered approach to provide appropriate referrals

Post-Doctoral Fellow, Saturday Center for Psychotherapy 9/2011-2/2013

- Built and maintained a full client load in a private practice setting
- Established long-term psychotherapy clients treating adults, couples, and young adults from a psychodynamic and depth oriented perspective
- Expanded patient referrals through community outreach, networking, and presentations
- Attended weekly trainings, case consultations, and biweekly individual supervision with a focus on insight-oriented, psychodynamic treatment and interventions
- Facilitated community training on Trauma and Cancer at Cancer Support Community

Pre-Doctoral Intern, Community Center for Health and Wellness 8/2008-10/2010

- Provided long and short-term individual and couple's therapy, assessments and crisis intervention from a whole person approach to treatment for adults, and adolescents.
- Implemented interventions from Jungian, psychodynamic, and Humanistic/Transpersonal models of psychotherapy to provide long-term depth oriented treatment
- Utilized creative expression, guided imagery, spirituality, somatic based interventions and dream-work to address trauma symptomology, chronic pain/illness, and addiction
- Provided therapy for cystic fibrosis patients and their families through the Stanford School of Medicine Center for Education in Family and Community Medicine/Peter Judge Cystic Fibrosis Quality of Life Program

Advanced Practicum Trainee, Transpersonal Counseling Center 8/2007-7/2008

- Provided therapy to underserved children ages 4-12 and families in a school based setting
- Facilitated treatment, assessment, and crisis intervention for a diverse population whose experiences included a history of trauma and violence, gang activity, problems with access to healthcare and social services, addiction, social and family conflicts, and depression
- Collaborated with school staff, family, and community services to provide care

- Provided psychotherapy for adults, couples, and children seeking therapy in a community based counseling setting from a Transpersonal and psychodynamic orientation

Individual and Family Counselor, Adolescent Counseling Services 9/2006-8/2007

- Provided individual and family counseling in a school based setting to adolescents
- Identified and addressed adjustment difficulties, developmental struggles, and problematic relationship dynamics with parents, peers, and teachers
- Enhanced school success by utilize art and play therapy interventions, CBT, mindfulness, and multicultural sensitivity

Residential Counselor/Intern, Community Support Network 8/2003-8/2005

- Led psycho-educational groups on anger management, mental illness, stress reduction, relationship and conflict resolution, addiction and craving, and art process groups in a residential facility for adults with a co-occurring disorders mandated to enter treatment
- Independently developed and led groups on dreams, creative expression, and loneliness for adults with a mental illness and drug addiction

EDUCATION

PhD in Clinical Psychology with an emphasis in Depth Psychology, Pacifica Graduate Institute, September 2006-October 2011. Degree awarded October 2011. Dissertation Title: *Trauma, Descent, and Therapy: A Clinical Interpretation of the Sumerian Myth of Inanna*

PhD Program: Clinical Track, Institute of Transpersonal Psychology, Year One Completed, August 2005-July 2006

BA in Psychology, Sonoma State University, Degree awarded May 2005 Summa Cum Laude

Art Intensive, Mullsjo Folkhogskola, 8/2000-5/2002

ADDITIONAL TRAINING AND EXPERIENCE

The Myth of the Normal: Depression, Anxiety, and Addiction from a New Perspective; Beyond the Medical Model: From the Stress Disease Connection to Psychedelic Therapy; Mind Body Unity and the Stress Disease Connection. Workshop with Gabor Mate, MD; 16 hrs.

Enneagram Part 1 Training: Anatomy of the Personality, The Enneagram Institute, 56 hrs, Instructors: Gayle Scott & Michael Naylor.

Spiritual Intelligence Assessment Certification Course, Deep Change, 30 hrs, Instructors: Veronika Tracy-Smith, PhD & Steve Sphar, MA.

Sensorimotor Psychotherapy Training, Sensorimotor Psychotherapy Institute, 8 hrs. Instructor: Janina Fisher, PhD

Dissociative Disorders Psychotherapy Training Program, International Society for the Study of Trauma and Dissociation, 22.5 hours. Instructor: Dr. Claire Frederick.

Eating Disorder Treatment, Professional Development Series of Sierra Tuscon. 8 hours.

The Relationship of Freud's Splitting of the Ego, Dissociation, and Borderline Disorders. The Jung Institute of Los Angeles. Presented by Avedis Panajian, Ph.D. 3 hours.

Come and Find Me: Dissociative State within the Analytic Hour. The Jung Institute of Los Angeles. Presented by James Gooch, M.D. 2 hours.

Paracelsus as a Spiritual Phenomenon, The Jung Institute, Los Angeles. Presented by J. Gordon Nelson, Ph.D. 10 hours.

Holistic Psychotherapy, Community Center for Health and Wellness. Month-long intensives on treating trauma and dissociation, The Hakomi method, psychodynamic and Jungian theory, Spiritual psychotherapy, and somatic theory, 2hours/week for 2 years.

Psychotherapy for chronic illness with a focus on cystic fibrosis, Advanced training through Cystic Fibrosis Research Institute, 20 hours.

Psychoanalytic Treatment of Eating Disorders, San Francisco Psychoanalytic Institute, 6 hours.

Jealousy and Envy Seminar, San Francisco Psychoanalytic Institute, 12 hours.

Psychoanalytic Listening Seminar, San Francisco Psychoanalytic Institute, 12 hours.

Psychoanalytic Concepts of the Mind, San Francisco Psychoanalytic Institute, 12 hours.

Research Assistant, Sonoma State University, 08/2004-12/2004. Assisted in conception of Human Development Program and research on creativity and dolls, Geri Olson, Ph.D., 4 hours per week.

Teaching Assistant, Jonkoping Hogskola, Jonkoping, Sweden, 08/2000-12/2000. Duties: Assist special education teacher with curriculum and support high school students with learning disabilities in the classroom. Supervisor: Lisa Markkula, Ph.D. 32 hours per week.