

# Shawnmarie Carpenter LMFT

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**Objective** To provide the highest quality of evidence based Humanistic treatment to couples and families with trauma in Alaska.

**Current Status** I am a Licensed Marriage and Family Therapist and Supervisor AK#275, AAMFT Nationally Certified Supervisor, and Certified Emotionally Focused Couple Supervisor in the state of Alaska.

## Summary of

## Employment

March 2013- Present Alaska Marriage & Family Therapy Associates  
Anchorage, AK

### **Couple, Individual, and Family Therapist- Owner/operator**

- Providing couple and family therapy using evidence based systemic models. Trained by Dr. Sue Johnson to provide Emotion Focused Couple and Family Therapy (EFT) using an attachment model. Additionally trained by The Trauma Healing Institute to provide Somatic Experiencing (SE). Therapeutic services include working with presenting problems such as anxiety, depression, illness, complex PTSD, PTSD, and relationship problems.

June, 2012- March 2013 Susan Butcher Family Center Anchorage, AK

### **Family Therapist- Volunteer**

- Conducted family therapy with the adults of the identified children clients at the Susan Butcher Family Center. Provided therapeutic family services across the cancer continuum – including time of diagnosis, treatment, remission, survivorship, reoccurrence, end of life, and bereavement. Worked collaboratively with the Susan Butcher Family Center child therapist to create a comprehensive family treatment plan.

June, 2012- 2013 North Star Behavioral Health Anchorage, AK

### **Child and Family Therapist**

- Performed milieu, group, individual, and family therapy to inpatient adolescent boys, adolescent girls, preteens, and children. Coordinated treatment with the treatment team. Completed psychosocial assessments, master treatment plans, and discharge/safety planning for inpatient children and adolescents. Kept timely scheduling of family and individual therapy sessions. Assisted patients and their family with behavior management, social skills, de-escalation, anger management, interpersonal communication skills, as well as intrapersonal communication skills.

October, 2011- June 2012 Community Connections Ketchikan, AK

### **Child and Family Therapist**

- Performed comprehensive mental health services for children and their families. Provided a broad range of interventions and supports to children and families in the home and community. Performed assessments, individual, family and group psychotherapy. Managed Mental Health Associates for intensive experiential skill building in group, individual and family settings.

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August, 2002- June, 2013

H.E.A.R.T.S. Inc.

Ketchikan, AK

### **Training Director**

- Help to start a non-profit Peer Support Specialist Training center focusing on adult survivors of childhood trauma.
- Created, coordinated, and ran 12 session recovery groups. Developed curriculum for all five of the Program classes. Program includes HEARTS I: Discover your story, HEARTS II: Which story will win, HEARTS III: My story meets another, Training the Teachers, Coaching the Co-Facilitators, Couples. Conducted seminars on personality and intimate relationships.

August, 1993- June, 2013

Ketchikan High School

Ketchikan, AK

### **Teacher and Advisor**

- Developed and implemented curriculum for Medical Terminology and Health to high school Freshman and Junior/Seniors respectively.
- Articulated an agreement for the Medical Students to receive University of Alaska SE credit for Medical Terminology. Also articulated an agreement for Freshman Health students to receive UAS credit for their American Red Cross portion of the curriculum.
- Created a HOSA (Health Occupations Students of America) Ketchikan High School Alaska Chapter.

August, 2010- September, 2011

Community Connections

Ketchikan, AK

### **Marriage and Family Therapist Internship**

- Provided mental health assessments and developed treatment plans in partnership with families and other team members. Gave direction to the entire treatment team and ensured the implementation of therapeutic activities. Provided direct therapy for individuals, families, and groups. Completing clinician's notes, client services reviews, and data collection and analysis for the Trust grants.

## **Education**

September 2011

Capella University

Minneapolis, MN

### **Masters of Science Degree Specializing in Marriage and Family Therapy**

- Completed a degree with emphasis in family systems, therapy and counseling theories and techniques. The American Counseling Association's Council for Accreditation of Counseling and Related Educational Programs (CACREP) has accredited Capella's mental health counseling and marital, couple and family counseling/therapy specializations in the School of Human Services.

August 2005

Emporia University

Emporia, KS

### **Teaching Certificate Health and Physical Education**

- Completed a two year certification program with focus on secondary Health education. Emporia State University was established in 1863 as the state's first school for training teachers. Although a degree was not a part of the program, the program was a complete certification. Alaska recognized this

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program and additional accreditation for teaching K-12 health endorsement was approved and added to current teaching licensure.

December 2004      American Red Cross      Juneau, AK

**American Red Cross Instructor Certification**

- Completed a one-week instructors program in First Aid, CPR, AED for school, work and community. Articulation with UAS has also allowed high school students to receive 1 UAS Credit for completing this course at Ketchikan High School.

August 2004      Mars Hill Graduate School      Bothell, WA

**Certificate of Spiritual Direction**

- Completed a two year certification program with focus on running groups as well as individual spiritual direction. Spiritual direction explores a deeper relationship with the spiritual aspect of being human. Assist in helping people tell their sacred stories every day. Help others learn how to live in peace, with compassion, promoting justice, as humble servants of that which lies beyond all. Membership in Spiritual Directors International was first established as a student in 2003.

August 1992      University of Oregon      Eugene, OR

**Masters of Education and General Science Teaching Certificate**

- Completed a two year degree program with focus on Curriculum and Instruction as well as Certification for Secondary Teaching of Science. The University Of Oregon College Of Education is a network of inclusive learning communities. Graduate students and continuing professionals study with nationally recognized faculty. Limited space makes this school one of the most prestigious in the nation.

August 1990      University of Oregon      Eugene, OR

**Bachelors of Science**

- Completed a four year degree program with focus on General Science with emphasis in Chemistry, Physics, Astronomy and Physical Anthropology. Achieved a General Science Major and Minors in Geology, Astronomy, and Physical Science. Graduated Summa Cum Laude. Up on completion of required undergraduate courses was offered one of only 18 seats in the College of Education at the University of Oregon specializing in Secondary Science.

**Professional  
memberships**

Clinical Fellow of American Association of Marriage and Family Therapists

Member: American Association of Health Recreation and Dance, National Education Association, American Health Teachers Association and Member of Spiritual Directors International