

ELLEN J. TRUSCHEL, M.A.

LICENSED MARRIAGE AND FAMILY THERAPIST/CATHOLIC LIFE COACH

CENTRAL VALLEY COUNSELING CENTER, INC

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EDUCATION

NATIONAL UNIVERSITY - FRESNO

Master of Arts-Counseling Psychology

April 2004

CALIFORNIA STATE UNIVERSITY - FRESNO

Bachelor of Science-Recreation Administration

Dec. 1988

Therapeutic Option

CERTIFICATIONS/LICENSE

- Licensed Marriage and Family Therapist, California Board of Behavioral Sciences MFC 43361 - Issued July 3, 2006
- Certified Imago Relationship Therapist- Issued July 2009
- Certified Dynamic Marriage Facilitator- Issued 2007
- Family Centered Regulatory Therapist/Parenting Coach extensive training, no certification.
- Previous certification with the California Board of Recreation and Park Certification and the National Council for Therapeutic Recreation (1989-2002).
- Tele-Mental Health & Digital Ethics Certificate – Issued March 2019, Zur Institute

CURRENT PROFESSIONAL EXPERIENCE

12/2006-Present CENTRAL VALLEY COUNSELING CENTER, INC. - Fresno, CA/Farmington, MO

ICF trained Catholic Life Coach/My Catholic Coach 4 Life, established in 2022 COACHING SERVICES

- * Relationship Coaching: Marriage Coaching/Parent Coaching/Social Relationship
- * Catholic Spiritual Formation Coaching/Spiritual Issues Coaching
- * Transitions, Losses, and Crosses Coaching
- * Mental Wellness Coaching: Stress/Time Management/Life-Style Redesign
- * Online Workshops/Retreats/Educational Seminars

Licensed Marriage and Family Therapist/CEO, CVCC, established in 2006

CLINICAL SERVICES

- Intake, Assessment, Treatment Planning, Implementation, Documentation of therapy services;
- Couples, individuals, family, child therapy
- Couple's issues to include: infidelity, conflict, separation, parenting issue
- Post abortion stress syndrome, PTSD, panic disorder, depression, childhood abuse, dissociation, and loss
- **Catholic Marriage Coaching; Catholic Life Coaching; Workshops/Retreats**
- Group therapy: women's issues, post-abortion loss, sexual trauma group,

socialization group

- Crisis management; Consultation with other professionals; Provide referrals as needed; Knowledge of and Compliance with legal and ethical standards of practice. Maintain client records and confidentiality.

SUPERVISION OF EMPLOYEES

- Interview, Hiring, and Training of MFT Interns and office staff
- Clinical Supervision
- Practice Development Consulting
- Performance Evaluations/Performance Improvement Planning

ADMINISTRATIVE/MANAGEMENT

- Scheduling appointments, billing insurance, obtaining treatment authorization
- Coordination with accountant, bookkeeper/payroll services, IT consultant, etc.
- Maintain QuickBooks program, accounts receivable/payable; purchasing
- Written Reports; Prompt and courteous customer service; Creative and effective problem solving

MARKETING AND ADVERTISING SERVICES

- Advertising services online
- Marketing Events, Seminars, Workshops
- Collaborating and Networking with Agencies and other Referral Sources

6/2004-1/2007

ROUBICEK AND SHAW - Fresno, CA

Licensed Marriage and Family Therapist/MFT intern

- Individual, group, couples, and family therapy
- Couple's issues: Marital conflict, intimacy issues, pre-marital counseling and preparation
- Adolescent issues: Attachment disorders, anger issues, self-destructive behavior, depression
- Children's issues: Behavioral Issues, grief and loss, divorce and custody, family violence, educational/social impairment, trauma, and parental intervention.
- Addiction and Co-Dependency issues
- Pregnancy loss: termination, miscarriage, infertility, infant death

9/2003-11/2004

SPIRIT OF WOMAN - Fresno, CA

Marriage and Family Therapist - Registered Intern

- Individual, group, child, and family therapy
- Initial and ongoing assessment, diagnosis, treatment planning, and documentation
- Population served: Perinatal/Post Incarceration program for substance abusing women and their children. Woman's issues to include domestic and physical abuse, pregnancy loss, loss of custody of their children, and sexual trauma
- Children's issues related to interrupted attachment, grief and loss, divorce and separation, family violence, personal trauma, and neglect.

RELEVANT CHRONOLOGICAL WORK HISTORY

2000-2003

SAINT AGNES ADULT DAY HEALTH CENTER- Fresno, CA

Certified Recreational Therapist/Program Coordinator

Supervisor: Teri Wright-Napoles, Program Director

- Adult Day Health Center
- Individual and group therapy, program coordination and supervision
- Alzheimer's, CVA, Cerebral Palsy, Head Injury, Medical Issues

1996-2000

THE HACIENDA RETIREMENT COMMUNITY/ARBOR VILLAGE- Fresno, CA

Co-Director of Alzheimer's Program

Supervisor, Marjoree Norris, Director

- Residential Facility for the Elderly
- Program development, staff training and supervision, crisis intervention, and family support groups.
- Alzheimer's, CVA, Medical Issues, Depression, Parkinson's
- Completed RCFE administrators training

1995-1996

CHCC BEHAVIORAL HEALTH SERVICES- Fresno, CA

Recreational Therapy Consultant

Supervisor: Ken Katz, Clinical Director of Behavioral Health Services

- Adolescent inpatient crisis program, out-patient substance abuse, inpatient open and secured psychiatric facility and inpatient substance abuse program
- Clinical instructor, consultant to develop competencies of staff, volunteers, interns, contract employees, and students, team building workshops, and performance improvement coordinator

1994-1995

THERAPEUTIC RECREATION SERVICES- Fresno, CA

Recreational Therapy Consultant, Self Employed

Supervisor: Self Employed

- Consultation Services
- Individual/group therapy, program development, staff training, and consultation services.
- Skilled nursing facilities, residential treatment facilities for mentally ill, group homes for developmentally disabled, individualized programming for stroke rehabilitation clients.

1993-1994

YWCA-MARJOREE MASON CENTER- Fresno, CA

Children's Program Coordinator/Women's Recreation-Education Coordinator

Supervisor: Kay Taus, Director of Education and Outreach

- 30-day domestic violence shelter for women and children (0-12)
- Children's groups and individual therapy, parent-child intervention, parenting skills, women's recreation, domestic violence and diversity education

1992-1993

CPC SIERRA GATEWAY HOSPITAL- Clovis, CA

Certified Recreational Therapist

Supervisor: Dudley Hanchey, Clinical Director

- Partial hospitalization program; Program development; Treatment Team Member
- Assessments, treatment planning, group facilitation and documentation
- Children (ADHD, PTSD), Adolescents (Substance abuse, oppositional defiant, major depression), Adults (schizophrenia, bipolar, major depression, panic disorder)

1991-1992

FRESNO COMMUNITY HOSPITAL (4-WEST) - Fresno, CA

Certified Recreational Therapist

Supervisor: Tom Bulger, Supervisor of Recreational Therapy Department

- Secured Psychiatric Facility; Interdisciplinary team meetings/treatment planning
- Individual and group therapy, assessment, treatment planning, and crisis intervention
- Schizophrenia, brief psychotic disorder, bipolar, major depression, borderline personality disorder, dissociative identity disorder, depersonalization, PTSD

1991-1992

MILL CREEK HOSPITAL- Visalia, CA

Certified Recreational Therapist

Supervisor: Lori McDevitt, Director of Recreational Therapy

- Free-Standing Psychiatric Facility (Women's Program, Secured Adult Unit)

- Movement, dance, and art therapy, leisure skills and therapeutic outings
- Major depression, post traumatic stress disorder, sexual trauma, schizophrenia, bipolar, bereavement, panic disorder

1989-1991

RENAISSANCE ADOLESCENT CENTER- Clovis, CA

Certified Recreational Therapist

Supervisor: Dudley Hanchey, Clinical Director

- Inpatient adolescent psychiatric and substance abuse program
- Individual and group therapy; Interdisciplinary team meetings/treatment planning; documentation
- Major depression, conduct disorder, post traumatic stress disorder, panic disorder, sexual abuse trauma, borderline personality disorder, alcohol/drug dependency