

ELLY MCGEARY FOSSUM
Licensed Marriage Family Therapist

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PROFESSIONAL PROFILE

I am a licensed Marriage Family Therapist whose primary focus in my practice is working with couples. I also do therapy with families and individuals, children and the elderly. I use both short and long-term therapy with clients who have issues with either anxiety and/or depression, trauma, grief or loss. Much of my work is with families who have problems with adjustment to overwhelming changes in their lives which is due to either divorce or separation or children leaving home, retirement, or families dealing with mental illness or serious medical problems. I have worked with a very diverse population over the last 14 years. I use several modalities including CBT (Cognitive Behavioral Therapy) and EFT (Emotion Focused Therapy) to help my clients deal with the issues they present with. With younger children, I work using art therapy, sandtray, as well as, drama to help them work through the problems they have to deal with. I have also been trained in the use of EMDR which is a very useful tool in helping clients with trauma and loss.

While my primary focus is helping couples improve their relationship, I also work as a Child Specialist and Divorce Coach in the Collaborative Divorce Process. My focus working with divorcing families is to help couples make the necessary adjustments to the divorce while helping them put together a co-parenting plan for their children, if there are children. I do mediation as a Private Confidential Mediator, and work as a mediator in the Family Court System on a Pro Bono basis. I am trained to work with couples using the Shared Parenting Support Program and the Collaborative Co-Parenting Program helping and teaching couples how to work together as co-parents after a divorce.

EDUCATION

Bachelors Degree in Art, California State University, Sacramento, 1993

Masters in Counseling Education, California State University, Sacramento, 1996

PREVIOUS WORK EXPERIENCE

September, 2005 to present. Private practice with an office in Sacramento, California doing therapy with children, couples, adolescents and the elderly, as well as, specializing in working with families going through a divorce. I am a Child Specialist and Divorce Coach in the Collaborative Divorce Program. I also do Private Confidential Mediation and, have done mediation in the Sacramento's Family Relations Court on a Pro Bono basis. I have been trained to help couples co-parent using both the Shared Parenting Support Program and the Collaborative Co-Parenting Program. I also work as a Reunification Therapist and do mediation preparation.

October, 2003 to September 2005, Private practice with an office in Sacramento, California working with children, couples, adolescents and the elderly.

January, 2002 to October 2003, Counseling Intern working with Dr. Cub Eldredge in private practice at Capital Counseling Center in Carmichael counseling families, children and couples

June, 2000 to December, 2001, Counseling Intern working in private practice with Reneau Perifoy, MFT, author of Anxiety and Panic Disorders.

November, 1996 to March 2001, counseling Intern at Edison Elementary School and Marvin Marshall Preschool counseling preschool to 6th grade students, in addition to, working with families and co-facilitating a woman's support group.

September, 1996 to June, 1997, Counseling Intern at Edison Elementary School and Marvin Marshall Preschool counseling preschool to 6th grade students, in addition to, working with families and co-facilitating a woman's support group.

1996, Summer Semester, CSUS, Counseling Trainee at Jonas Salk Middle School counseling 9th and 10th graders using sandtray, art therapy and NLP working with individuals, in addition to, co-facilitating several girl's group

1996, Spring Semester, CSUS Counseling Trainee at Edison Elementary School counseling children in Grades K thru 6 using sandtray, clay and art therapy

1996, co-facilitated counseling a group of new counseling education students with a diverse mix of ethnic backgrounds in Group Practicum at California State University, Sacramento

1995, worked as a therapist trainee doing therapy with individuals in Practicum Class, California State University

1993, volunteer work with the Circle K Alzheimer's group assisting with patients working to help them socialize and do art therapy

PROFESSIONAL AFFILIATIONS

2009-2012	Sacramento Family Court Pro Bono Mediation Panel
2007-present	Association of Family and Conciliation Courts
2005-present	Sacramento Collaborative Practice Group
2005-present	IACP (International Association of Collaborative Professionals)
1995-present	CAMFT (California Assn of Marriage, Family Therapists)

CONFERENCES, TRAININGS, AND WORKSHOPS

2012 Children Who Witness Homicide – 8 CE hours. Specialized Training Services, Inc., San Diego, CA.

Recent Research, Best Practices & Ethical Issues Conducting Child Custody Evaluations – 7 CE hours. Robert Geffner, Viola Vaughan-Eden, Michael Hertica., Institute of Violence, Abuse and Trauma Conference, Honolulu, Hawaii

Practical Suggestions & Techniques for Testifying in Child Abuse & Domestic Violence Cases – 3 CE hours. Viola Vaughan-Eden, Robert Geffner, Michael Hertica, Cheri Tarutani, Thomas Haia., Institute of Violence, Abuse and Trauma Conference, Honolulu, Hawaii

Effects of Domestic violence on Children & Adolescents & What We Can Do – 1.5 CE hours. Michael Hertica., Institute of Violence, Abuse and Trauma Conference, Honolulu, Hawaii

Interviewing Young & Reluctant Children in Assess for Sexual Abuse – 1.5 CE hours. Viola Vaughan-Eden., Institute of Violence, Abuse and Trauma Conference, Honolulu, Hawaii

Treating Infants & Toddlers: Clinical Assessments & Interventions – 1.5 CE hours. Angel Knoverek., Institute of Violence, Abuse and Trauma Conference, Honolulu, Hawaii

Attachment Issues. Challenges in the Classroom – 1.5 CE hours. Deborah Spencer-Chun, Sidney M. Rosen, McKay Schwenke, Malakai Maumalanga., Insstitute of Violence, Abuse and Trauma Conference, Honolulu, Hawaii

Parenting Plan Evaluations: Applied Research for Family Court

Parenting Plan evaluations Applied Research for Family Court – 4 CE hours. Leslie Drozd, Ph.D., Kathryn Kuehnle, Ph.D., AFCC Conference, Santa Monica, California

Risk Assessment for Family Law Professionals: Protecting Ourselves and Others – 1.5 CE hours. Manny Tau, Psy D., AFCC Conference, Santa Monica, California

The Cutting Edge: Dr Joan Kelly Reviews Recent Developments in Child Adjustment and Resilience Research and Judge Thom Lewis Describes New Legislation, Rules of Court, and Cases That Will Change the Way We Practice – 2 CE hours. Joan B. Kelly, Ph.D., Honorable Thomas Trent Lewis., AFCC Conference, Santa Monica, California

Is That Really the Child's Voice? Assessing Children's Perceptions and Feelings – 1.5 CE hours. Lyn R. Greenberg, Ph.D., Honorable Steff Padilla, Angus Strachan, Ph.D., AFCC Conference, Santa Monica, California

How to Talk to Adolescents – 1.5 CE hours. Tom Lyon, JD., AFCC Conference, Santa Monica, California

Violence Risk & Threat Assessment – 8 CEU hours. Specialized Training Services, San Diego, California

2011 20 Hour Training for Child Custody Evaluators: Conducting Child Custody Evaluations in the Best Interest of the Child: Techniques, New Legal and Ethical Requirements, and Child Sexual Abuse Issues – 20 CE hours. Institute of Violence, Abuse and Trauma, Conference, San Diego, CA.

Domestic Violence Update – 8 CE hours. Claudia Dias, Changing Courses

The Role of Bankruptcy in the Collaborative Process – 1 CE hour. Jon L. Zitomer, Law Office of Zitomer & Roberts, P.C.

Avoiding Liability – 2 CE hour. Richard S. Leslie, JD, CAMFT Law & Ethics Self Study

Brain Compatible Parenting: Sculpting the Brain, How Children Develop Who They Are and the Way They Become – 1.5 CE hour. Jennifer Kresge, MFT., AFCC Conference, San Francisco

Looking Back thru the Eyes of Adult Children – 1.5 CE hour. Debra Bellings-Kee, JD., MFT, Arlene Kostant, D, Amy Rodney, JD, Nancy J. Ross, LCSW, BCD., AFCC Conference, San Francisco

AFCC Therapy Guidelines: Core Concept and Practical Applications in Changing Times – 2 CE hour. Honorable Dianna Gould-Saltman, Lyn Greenberg, Matthew J. Sullivan, Ph.D., AFCC Conference, San Francisco

What Family Court Judges Want You to Know – 3 CE hours. Sacramento Superior Family Court Presentation, Sacramento, California

2010 Early Identification of Difficult Clients – 1.5 CE hours. Brook Olsen and Stephanie Maloney Ph.D., Collaborative Practice California, Celebration V Fifth Annual Statewide Conference, San Francisco

Beyond Lie Detection – 1.5 CE hours. Clark Freshman, JD., Collaborative Practice California, Celebration V, Fifth Annual Statewide Conference, SF

Building Neural Pathways to Higher Thinking – 3 CE hours. Vicki Carpel-Miller, MFT and Ellie Izzo Ph.D., Collaborative Practice California V, Fifth Annual Statewide Conference, San Francisco

Essentials for Assessing and Dealing with High Conflict Personalities in Collaborative Divorce – 1.5 CE hours. Brook Olsen and Stephanie Maloney, CFP, CDFA, Collaborative Practice California V, Fifth Annual Statewide Conference, San Francisco

Resolve Impasse Through the Magic of Brainstorming – 3 CE hours. Bill Eddy, JD, Celebration V, Fifth Annual Statewide Conference, San Francisco

New Ways for Families – 3 CE hours. Bill Eddy, JD, Celebration V, Fifth Annual Statewide Conference, San Francisco

Emotional Currency – 3 CE hours. Kate Levinson, Ph. D., and Emily Weaver, MFT, Celebration V, Fifth Annual Statewide Conference, San Francisco

Team Efficiency Through Early Understanding of the Clients – 1.5 CE hours. Suzan Barrie Aiken, JD., Debra Bellings-Kee, MFT, JD, Arlene Kostant, JD and Peggy Thompson, Ph.D., Celebration V, Fifth Annual Statewide Conference, San Francisco

Family Law 101 for Mental Health Professionals – 3 CE hours. Hal Bartholomew, JD

Hold Me Tight: The New Science of Love & Bonding – 3 CE hours. Susan Johnson, Ph.D., Kaiser Permanente

2009 Child Custody Evaluation Update – 7 CE hours. Philip M Stahl, Ph.D., ABPP, The Steve Frankel Group

Domestic Violence Update – 4 CE hours. Philip M Stahl, Ph.D., ABPP, The Steve Frankel Group

Continue Treatment, Terminate or Refer – 2 CE units. Richard S. Leslie, JD, CAMFT Law & Ethics Self Study

Custody Evaluator & Mediator Training – 8 CE hours. Family Law Section of the Sacramento County Bar Association

Collaborative End Game – 8 CE hours. Catherine O’Conner, JD, Sacramento Collaborative Practice Group

Advanced Collaborative Divorce Coach Training - 4 CE hours. Peggy Thompson, Ph.D.

Time Frames – Legal and Ethical Issues – 2 CE hours. Richard S. Leslie, JD., CAMFT Law & Ethics Self Study

Understanding Irrational Love Relationships – 3 CE hours. Juerg Willi, Ph.D., AAMFT Annual Conference, Sacramento

The Dangerous Client Revisited and Other Legal and Ethical Issues – 2 CE hours. Richard S. Leslie, JD., CAMFT Law & Ethics Self Study

Family Therapy and Custody Disputes – Legal Issues – 2 CE hours. Richard S. Leslie JD, CAMFT Law & Ethics Self Study

2008 Advanced Mediation Skill Course – 7 CE hours. Sharyn Kaplan, JD

Minor’s Counsel Training – 7 CE hours. Sacramento Superior Court

Conflicts – 2 CE hours. Richard S Leslie, JD, CAMFT Law & Ethic Self Study

Child Custody Evaluation Update – 8 CE hours. Philip M Stahl, Ph.D., ABPP, The Steve Frankel Group

Spousal and Partner Abuse – Intimate Partner Violence – 3 CE hours. GSC Home Study Course

**Domestic Violence Update – 4 CE hours. Philip M. Stahl, Ph.D., ABPP,
The Steve Frankel Group**

**Conducting Child Custody Evaluations – 10 CE hours. Specialized
Training Services, Marc J. Ackerman, Ph.D.**

**Custody Evaluations: The Essentials – 6.5 CE hours. David
Martindale, Ph.D., 8th Int. Symposium on Child Custody Evaluations,
Albuquerque, NM**

**Reducing Bias in Child Custody Evaluations: Issues and Controversies –
1.5 CE hours. David Martindale, Ph.D., Daniel Picker, Ph.D., 8th Int.
Symposium on Child Custody Evaluations, Albuquerque, NM**

**Evaluations: The Essentials – 6.5 CE hours. David Martindale, Ph.D.,
8th Int. Symposium on Child Custody Evaluations, Albuquerque, NM**

**“Going Deeper in the Collaborative Process” – 8 CE hours. Slovin and
Smith JD., Collaborative Council of the Redwood Empire, Santa
Rosa, CA**

**Attachment Theory & Research: An Update w Implications for
Child Custody Evaluation – 1.5 CE hours. Pamela S. Ludolph Ph.D.,
8th Int. Symposium on Child Custody Evaluations, Albuquerque,
NM**

**2007 Collaborative Divorce – 10 CE hours. Peggy Thompson and Pauline
Tesler, Sacramento, California**

**Negotiation Skills and Models Theory – 7 CE hours. Collaborative
Council of the Redwood Empire, Santa Rosa, CA**

Mediation Skill Review – 6.5 CE hours. Sharyn Kaplan JD

Sacramento Superior Court Volunteer Mediation Training – 3.75 CE hours. Finding Ground Mediation and Law Services

Patient Records: Legal & Ethical Considerations – 2 CE hours. Richard S. Leslie JD, CAMFT Legal & Ethics Self Study

Pro Bono Mediation Training, Sacramento Superior Court – 3.75 CE hours. Sacramento Superior Court, CA.

California Legal Specialization Education in Family Law – 15 CE hours. Bartholomew & Waznicky & Assoc., Sacramento, CA.

Dealing with the Subpoena – 2 CE hours. Richard S. Leslie, JD., CAMFT Legal & Ethics Self Study

Are All Dual Relationships Unethical – 2 CE hours. Richard S. Leslie, JD., CAMFT Legal & Ethical Study

Differential Diagnosis of Parental Alienation and Related Phenomena – 1.2 CE hours. Larry Nicholas, Ph.D., AFCC-CA Annual Conference, San Francisco

Adjustment of Children Following Separation and Divorce: Research Updates on Father Involvement and Implications for Policy and Practice – 1.5 CE hours. Joan B. Kelly, Ph.D., Cynthia Van Shooten, Ph.D., Commissioner Marjorie Slabach, AFCC-CA Annual Conference, San Francisco

Handling Borderlines and Narcassists – 1.2 CE hours. William Eddy, LCSW, JD., 1.5 CE hours. AFCC-CC Annual Conference, San Francisco

Intervention with Alienated Children and Their Parents: If, When, and How Does It Work? 1.5 CE hours. Marjorie Gans Walters, Ph.D., Steven Friedlander, Ph.D., and Matthew J. Sullivan, Ph.D., AFCC-CA Annual Conference, San Francisco

New Thoughts about Psychotherapy with our Most Difficult Clients – 1.5 CE hours Mary Elizabeth Lund, Ph.D., Albert Gibbs, JD., Angus Strachan, Ph.D., AFCC-CA Annual Conference, San Francisco

2006 Domestic Violence and Differentiation: Challenges for Custody Evaluators – 1.5 CE hours AFCC-CA Annual Conference, San Francisco

Domestic Violence and Custody Evaluation: Implications for Parents, Children and Custody Disputes – 4.5 CE hours. AFCC-CA Annual Conference, San Francisco

Child Custody and Visitation Rights – 3.5 CE hours. Diane E. Wasznicky, Hal Bartholomew & Diane Wasznicky & Associates, Sacramento, Ca

2005 Narrative Mediation Training - 10 CE hours. Richard Cohen, JD., Sacramento, CA

Collaborative Divorce Basic Interdisciplinary Training – 15 CE hours. Cameron and Gamache, Sacramento, CA

Persuading People to Have Safer Sex: Applications of Social Science to the AIDS Crisis – 3 CE hour

Confidence & Competence in Negotiating – 1.5 CE hours. International Academy of Collaborative Professionals, Atlanta, Georgia

Dealing with Impasse – 1.5 CE hours International Academy of Collaborative Professionals, Atlanta, Georgia

Dealing with Challenging Clients – 1.5 CE hours. International Academy of Collaborative Professionals, Atlanta, Georgia

2004 Strategies for Assessment and Treatment of Anxiety Disorders

Myths & Realities of Growing Old: Aging and Long-Term Care in California. Professional Ethics & Psychotherapy Stereotypes in Movie

Healing the Borderline/Narcissistic Style Marriage, 12 CE hours, Orin Borders, Ph.D., Health Talk Seminar

Advanced Treatment Issues of Borderline/Narcissist Style Marriage, 6 CE hours, Orin Borders, Ph.D., Health Talk Seminar

2003 Cognitive Treatment of Children, Adolescent and Their Parents – 7 CE hours. Dr. Donald Meichenbaum

Personality Disorders in Social Work and Health Care – 7 CE hours. Cross Country University

Law & Ethics Seminar: Understanding HIPPA – 2 CE hours. CAMFT Law and Ethics Self Study

2002 Healing Trauma and Attachment with EMDR in Children and Their Parents – 7 CE hours. Drs. Joan Lovitt and Debra Wesselman

Treatment of Narcissism – 7 CE hours. Northern Institute University

2001 Setting Your Personal Boundaries – 4 CE hours. Sandra Nelson, MFT, Sacramento Learning Exchange

2000 **Treatment of Personality Disordered Couples – 7 CE hours. Dr. Scott Brandt, Sacramento, CA**

EMDR Level II Training – 15 CE hours

Professional Assn of Psychotherapists Annual Meeting, Charleston

**Treating Attachment Disordered Children with EMDR – 7 CE hours
Berkeley**

Treatment of the Narcissistic Personality Disorder – 7 CE hours. Dr. Scott Brandt, Sacramento

11th Annual Coast Conference on Family Systems – 7 CE hours. Dr. Michael Kerr

1999 **Couples and Intimacy Workshop – 7 CE hours, Dr. Stephen Johnson**

Borderline Mothers – 7 CE hours, Dr. John Masterson, San Francisco

EMDR Level I Training – 15 CE hours

Couples and Intimacy – 7 CE hours. Dr. John Gray, Sacramento, CA

Passionate Marriage – 7 CE hours, Dr. Schnarch, Sacramento, CA

1998 **Hypnotherapy Workshop – 15 CE hours, UC Berkeley**

**Ericksonian Foundation Annual Conference on Intimacy in
Los Angeles**

**Dual and Multiple Addiction Workshop – 7 CE hours. Sonoma State
University**

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1997 Focusing Training – 7 CE hours, Richard Lui MFT

Association for Play Therapy, International Meeting, Orlando

Articles Written

The Role of Child Specialist in a Collaborative Divorce., by Elly M Fossum,

MFT and James Fossum, LCSW, in The Collaborative Review, vol 8, no 1,

Spring, 2006

TRAININGS & CONSULTATIONS

Marriage Counseling

I have had extensive training with Scott Brandt working with couples and individuals, particularly couples and individuals with Axis II disorders. I have had weekly consultations with Dr Brandt and have attended all of his seminars since June, 1995. I have also had extensive training in the use of Emotionally Focused Therapy (EFT) which is useful in helping couples feel more connected to each other as well as, Harville Hendrick's work which is helpful in working with couples in repairing their relationships.

People I consult with on a continuing basis are:

**Dr. Scott Brandt, from June, 1995 to present
Carol Greenfield, MFT, from September 2009 to present
Tom Russell, LCSW, Mediator and Special Master, from August 2008 to
July 2011
Sharyn Kaplan, JD and Mediator, from August 2006 to present
Helene van St Klein, from September 1996 to present**

People I have consulted with in the past:

**Dr Kay Blacker from March 1998 to May 2000
Dr Stephen Johnson from June 1998 to 1990
Dr Barbara Parrott from September 1998 to 2000**

Updated 4/1/12

