
ALEXANDRA WHITNEY, PH.D.

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PROFESSIONAL SUMMARY

Heart-centered, solutions-oriented mental health professional specializing in Somatic Experiencing® and other mind-body interventions for trauma and trauma related conditions, chronic stress, and addiction treatment.

Works well collaboratively and has experience developing evidence-based curriculum and treatment plans for individuals, groups, veterans, residential programs, and private agencies serving adults, children, and families.

SKILLS

- Somatic Experiencing ® Practitioner
- Trauma Informed treatment
- Substance Abuse & Dual Diagnosis Treatment
- Motivational Interviewing
- Practical Neuroscience
- Mindfulness Based Interventions (MBIs)
- DBT & CBT Qualified
- Individual & Group Psychotherapy
- Cultural & Gender Competent
- Curriculum Development
- Treatment Planning & Assessment
- Team Leadership
- Crisis Intervention

WORK HISTORY

Retreat Director, Returning Home, 10/2018 to Current

ERGOS Institute Of Somatic Education – Lyons, CO

Sponsored by Dr. Peter A. Levine, Returning Home is a five-day intensive Somatic Experiencing® trauma healing retreat for veterans displaying PTSD symptoms. The retreat curriculum is designed to integrate the Somatic Experiencing® trauma healing model with Equine and Yoga therapies and other wellness practices that unify body, heart, and mind.

- Designed retreat and post retreat curriculum for 30 veterans
- Worked closely with Dr. Peter A. Levine to implement retreat program
- Organized and coordinated all details of Returning Home program
- Responsible for all marketing
- Responsible for recruiting veterans
- Principle fundraiser, co researcher
- Post retreat online group facilitator
- Responsible for developing and planning future retreats

Mental Health Wellness Coach, 10/2018 to 10/2019

Ginger.io Inc. – San Francisco, California

- Offered online mental health coaching
- Designed care plans based on client goals
- Offered coaching tools for issues such as panic attacks, anxiety, depression, and work-related burnout
- Empowered clients to make positive life changes
- Worked with daily case load of 20 clients

Psychotherapist, Somatic Experiencing® Practitioner, 05/2005 to Current

Private Psychotherapy Practice – Boulder, CO

- Individual, couples, and group therapy
- Trauma and PTSD treatment, substance abuse treatment and relapse prevention, dual diagnosis, pain and stress management, psychospiritual development, nervous system and emotional self-regulation, life transitions and other human concerns
- Informed by Somatic Experiencing®, evidence-based practical neuroscience theory, Psychodynamics, Somatic Psychology, Person Centered Therapy, CBT, DBT, Mindfulness-Based Interventions, Motivational Interviewing, and East-West Psychology
- Develops curriculum for individual and group therapy, retreats, workshops, and trainings
- Adheres to HIPAA confidentiality requirements by safeguarding files

Clinical Team Leader, Case Manager, 02/2008 to 01/2018

Windhorse Elder Care – Boulder, CO

- Worked collaboratively with caregivers, medical team, and family, providing in-home treatment and end of life care for clients with Dementia and Alzheimer's
- Managed teams of up to 15 caregivers
- Ensured proper implementation of treatment plans, offered comprehensive patient care
- Maintained confidential electronic case notes and team communication
- Facilitated team meetings
- Maintained team schedule, coordinated client schedule
- Met with clients in their homes to provide therapeutic support
- Consulted with clients and families when developing long-term treatment plan goals and objectives
- Served on-call emergency/crisis response team

Addictions Counselor, Office Manager, Educator, 02/2008 to 06/2015

Discovery Counseling Center – Boulder, CO

- Maintained case load of 25+ adults in criminal justice system
- Facilitated DUI Level I education; 12-week curriculum based on Cognitive Behavioral Learning

- Facilitated DUI Level II group therapy, 21-43 weeks, depending on sentencing
- Developed evidenced-based psychoeducational and mindfulness-based treatment for relapse prevention
- One-on-one psychotherapy sessions
- Intake and discharge interviewing and assessment
- Maintained state-regulated electronic files and clinical notes
- Reported client progress to probation, lawyers, and court
- Facilitated smooth discharge and established post-treatment support when needed

Addictions Counselor, 11/2006 to 02/2008

Bayside Marin – San Rafael, CA

- Intake and discharge interviewing
- Observed and monitored client behavior and responses to treatment
- Maintained confidential electronic files for intake, discharge and case notes
- Developed and implemented treatment plans
- Conducted therapeutic group psychoeducational sessions
- Guided clients in effective therapeutic exercises using CBT and DBT
- One-on-one counseling
- Average case load of 15 clients per day

Lead Counselor, Educator, 02/2003 to 05/2005

New Beginnings Community Outreach; Life Skills Youth Program – Santa Barbara, CA

- Facilitated children's life skills program for children (ages 6-15) with sensitive immigration status
- Developed and implemented a 32-week curriculum, addressing conflict resolution, emotional regulation, and self-esteem
- Implemented art and play therapy, therapeutic games, and group exercises

EDUCATION

Ph.D.: East-West Psychology, 2017

California Institute of Integral Studies - San Francisco, CA

Dissertation research included a qualitative study involving the creation and assessment of a seven-week heart-focused psycho-spiritual inquiry program, *Map of the Heart*. Informed by East-West Psychology, the program's curriculum highlighted practical neuroscience theory and heart-centered practices designed to develop core heart feelings of love, compassion, gratitude, and forgiveness. The investigation revealed the subjective and group experience of heart intelligence and determined the clinical relevance of *Map of the Heart* curriculum in the field of counseling psychology.

Master of Arts: Clinical Psychology, 2005

PROFESSIONAL CERTIFICATIONS

- **Somatic Experiencing Practitioner (SEP)**
- **State of Colorado Department of Regulatory Agencies: NLC #0013617**
- **Driving with Care AOD Safety Education and Treatment Certified**
- **Registered Biodynamic Cranial Sacral Therapist (RBCST)**
- **Certified Yoga Teacher (CYT)**