

SHEA ALEXANDER

Phone: 214-697-5557

www.lifeguidetexas.com

Brief Biography

Education

Master of Arts in Counseling Psychology, University of Minnesota, Duluth, MN. Logotherapy Associate, Viktor Frankl Institute of Logotherapy, Abilene, TX

Certifications and Licenses

- 2015 – Present **DAPA: Diplomat** Designation by American Psychotherapy Association
- 2014 – Present **Certified** Life Coach by Life Coaching Institute of Orange County
- 2007 – Present **BCPC: Board Certified** Professional Counselor, American Psychotherapy Association
- 2004 – Present **LPC-S: Licensed** Professional Counselor Approved Supervisor by Texas State Board
- 2003 – Present **Certified** Logotherapy Associate-Viktor Frankl Institute of Logotherapy
- 2001 – Present **LPC: Licensed** by Texas State Board of Examiners of Professional Counselors
- 1990/1994 **PA: Licensed** by Maryland Board of Physician Quality Assurance
- 1990/1994 **CPC: Certified** by Maryland State Board of Professional Counselors

Areas of Special Professional Training /Experience

- Individual, Family and Group Counseling
- Brainspotting
- Emotional Transformation Therapy (ETT)
- Transactional Analysis (TA)
- Logotherapy, Viktor Frankl Institute of Logotherapy
- Trauma Focused Intervention and treatment
- Sexual Abuse Prevention and Treatment
- Crisis/Trauma Intervention
- Suicide Prevention/Intervention
- Family Violence (child/spouse abuse)
- Life Coaching

Brief Work History

- 2001-Present **Clinic Director**/Owner, Life Guide Services, Plano, TX
- 1996-Present **Community Service****, PTA/PTO Officer (Honorary Life Member)
- 2009-2015 **Clinical Director**, DARCC, Dallas Area Rape Crisis Center, Dallas, TX
- 2008-2009 **Clinical Director***, Victims Outreach, Dallas, TX
- 2002-2009 **Clinical Director**, The Turning Point, RCCCC, Plano, TX
- 2003-2009 **Board of Directors****, Texas Association Against Sexual Assault
- 1990-1994 **PA/Psychotherapist***, Private Practice, Bethesda & Gaithersburg, MD
- 1987-1990 **Senior therapist**, Montgomery Co. Crisis Center, Bethesda, MD
- 1983-1987 **Program Director**, Tarrant County Suicide/Crisis Intervention, TX
- Program Supervisor**, Parents Anonymous of Tarrant County, TX
- 1985-1987 **Adjunct Instructor of Social Work***, TCU (privileges only), TX

* Part time position ** Volunteer Position