

SHEA S. ALEXANDER
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EDUCATION

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

CERTIFICATIONS AND LICENSES

2015 **DAPA - Diplomat**, Designated by American Psychotherapy Association.
2014 **Certified** Life Coach, Certified by Life Coach Institute of Orange County
2007 **BCPC** - Nationally Board Certified, by American Psychotherapy Association
2004 **LPC-S** - Licensed Approved Supervisor, by Texas State Board of Examiners of
Professional Counselors
2003 **Certified** as Associate in Logotherapy, by the Viktor Frankl Institute Of Logotherapy
2001 **LPC** - Licensed Professional Counselor, by the Texas State Board of Examiners of
Professional Counselors
1990 **CPC** - Certified Professional Counselor, by the Maryland State Board of Examiners of
Professional Counselors
1990 **PA** -Licensed Psychiatrist Assistant, by the Maryland State Board of Physician Quality
Assurance

EMPLOYMENT AND COMMUNITY SERVICE

2001- Present **Clinic Director/Owner**
Life Guide Services
Provide life coaching and counseling for individual, couple, family and groups. Offer
Brainspotting (a form of [psychotherapy](#) that uses the field of vision to access and
release traumatic memories and improve brain function).

2009- 2015 **Clinical Director**
Dallas Area Rape Crisis Center
Train and supervise staff, interns and volunteers. Provide direct
services to victims of sexual violence and their families. Manage data, write
reports and assess outcome measures. Work on developing new programs,
network with other community services and conduct workshops.

2002- 2009 **Clinical Director**
The Turning Point, Rape Crisis Center of Collin County, Plano, TX
Trained and supervised staff, interns and volunteers. Provided direct
services to victims of sexual violence and their families. Managed data, wrote
reports and assessed outcome measures. Worked on developing new programs,
networked with other community services and conducted workshops.

1990- 93 **Psychotherapy***
Suburban Psychiatric Associates, Gaithersburg, Maryland.
Worked in affiliation with Allan Z. Schwartzberg, M.D., as a Licensed Psychiatrist
Assistant (PA). Provided direct services to the clients.

Psychotherapy*

North Potomac Psychotherapy Assoc., Bethesda, Maryland.

Worked in affiliation with Terry M. Brown, D.O., as a Licensed Psychiatrist Assistant. Provided direct services to the clients.

1987- 90

Therapist II

Montgomery County Crisis Center, Bethesda, Maryland.

Worked as a senior therapist, under supervision of staff Psychiatrist, Dr. Steven Polakoff. Helped people in life crises over the phone, in person, and as a member of the Mobil Crisis Team. Maintained a caseload of ten to fifteen clients (short-term therapy). Supervised volunteers and student interns. Started and led a support group for families whose loved ones had committed suicide. Conducted numerous presentations and workshops on suicide and crisis intervention for other community groups and local police department.

1983- 87

Program Director / Suicide/Crisis Intervention of Tarrant County

(A program of Family Service Inc., Fort Worth, Texas)

Was promoted to this position to manage a 24-hour suicide/crisis hot line. Supervised staff, graduate student interns and volunteers. Increased number of volunteers from 40 to 110 during my service. Developed a new training manual for the program. Developed and conducted retreat training programs for staff and volunteers, seminars, and workshops on suicide and crisis intervention for professional groups, public and private agencies. Conducted a number of interviews with the local media--TV stations, daily and weekly newspapers. Initiated the Teen Suicide Prevention and Intervention program and a resources clearinghouse. Managed budgets, actively recruited volunteers, and promoted the crisis program by networking with other community services.

Program Supervisor / Parent Anonymous of Tarrant County

(A program of Family Service Inc., Fort Worth, Texas)

Coordinated groups of families identified as potentially or actively involved in child abuse/neglect. Expanded participation from 3 families to 40 and from 2 volunteers to 50. Approximately 500 families were served under my supervision. Recruited, trained and supervised 75 volunteers. Conducted support groups for the children and their parents. Conducted numerous workshops and public awareness campaigns, as well as media appearances and interviews with local newspapers.

Adjunct Instructor of Social Work (privileges only)

Texas Christian University, Fort Worth, Texas.

Lectured and supervised graduate students during their practicum.

2003-2009

Member of Board of Directors

Texas Association Against Sexual Assault, Austin, TX

COMMUNITY PROGRAMS

1996 – 2008 Worked as a volunteer in Dallas Metroplex in programs such as Dallas Coalition Against Sexual Assault, Collin County Council on Family Violence, Family Services of Plano Victim Services, Area schools PTA Boards--serving in variety of positions such as 1st Vice President, Volunteer Coordinator, Office Coordinator, Spirit wear Coordinator, Environmental Chair and Write A Check Campaign Chair.

Interviews given to the local TV and Print media:

1983 – Present On the following topics:
Trauma and PTSD
Sexual Assault/Abuse
Crisis Intervention and Suicide prevention
Teen suicide
“Perspective on Parents Anonymous/A Self Help Model”
Child abuse and Neglect
Volunteerism

PRESENTATIONS/WORKSHOPS (Conducted) nationally and internationally

2002- Present **Community and Mental Health professionals*** (2002 – 2017)
NSAC (National Sexual Assault Conference) (2017)
TAASA (Texas Association Against Sexual Assault), Annual Conference (2003, 2010, 2012, 2014)
TSSNT (Trauma Services of North Texas) Members (2010, 2015)
TWU (Texas Women University), **Amberton, Argosy** University--Graduate counseling Classes (2008-2012)
Expert Testimony (Case of Donald Cuba Vs State of Texas)
Logotherapy 16th and 17th Annual International Congress, 2008 and 2009
CCCFV (Collin County Council on Family Violence) Annual Conferences (2004-2008). **ATSS** (Association of Traumatic Stress Specialists) 12th Annual Conferences in Vancouver Canada, 2004 and 13th in Dallas, Texas, 2005
MHA (Mental Health Association) Adolescent Symposium, 2004
Amarillo area Social Service providers, 2008
Argosy University Counseling Graduate class, 2008
DARCC and The Turning Point, Rape Crisis Center Of Collin County quarterly Volunteers Training on Topic of Trauma Impact and Intervention 2002 - 2015
Law Enforcement training in trauma, Grand Prairie, TX 2015
Frisco Police Dept. In-service training, 2005
Presbyterian Hospital Sane Nurses Training, 2003
Dallas Baptist University Graduate Counseling Class, 2003

***Presented on many topics such as: Shea’s Dance Model-Two Step:** An effective intervention and therapeutic model of working with difficult to treat clients and **Trauma Focused TA (transactional Analysis)** presented to mental Health professionals in DFW area. **Trauma of Domestic violence** to Dallas District Attorney’s Victims Liaisons/Staff, 2006. **Trauma and Suicide Intervention** to Victims Outreach Interns and volunteers, 2004 – 2009. **Crisis Intervention with victims of violence**, Montgomery County (Maryland) Police Department Rookie and in-service training classes, 1988-90.

WORKSHOPS ATTENDED

The following is a list of only some of the numerous workshops/training programs attended locally and nationally:

- 2018 Emotionally Focused Therapy (EFT), by Dr. Sue Johnson, Thought Field Therapy (TFT), basic and intermediate training, by Dr. Robert Bray
- 2017 Mindfulness, Dr. Ronald Seigel
- 2015-2016 Emotional Transformation Therapy (ETT), Dr. Steven Vasquez tx Model
- 2014 Playing at the game of love, NTFIT, Transformative Supervision, Dr Ken Bateman
- 2013 Nonsexual Boundary Violations, NTFIT Practice Group, Hope Lecture Series on Trauma and Depression and Bipolar Disorder
- 2012 Transformative Ethics, MH Documentation, Dr. Ken Bateman/Laurel Clement
- 2011 Brainspotting, Trauma Treatment, Robert Weisz, PhD.; AACC World Conference
- 2010 Understanding the inner life of complex PTSD, Dr. Jerry Boriskin
- 2003 - 2009 Texas Association Against Sexual Assault Annual Conferences
- 2008 16th World Congress of Viktor Frankl Logotherapy: A Meaning Centered Response to Personal and Global Healing, Keynote Harold Kushner
- 2008 Dream Analysis, by James A. Hall, M.D.
- 2006 Treating Complex Psychological Trauma, Presented by John Briere, PHD
- 2005 - 2006 Collin County Council on Family Violence Annual Conferences
- 2005 The Truth about mental illness, by Charles Whitfield, M.D.
- 2004 - 2005 Association of Traumatic Stress Specialists (ATSS) 12th and 13th Annual conferences
- 2004 Licensed Professional Counselor Supervision Training
- 2003 Logotherapeutic Approaches to Understanding and Treating Neurotic Disorders (30 Hours)
- 2002 Anger Treatment and Counseling, by Dr. Ron Potter-Efron
- 2000 - 2001 Thirteenth World Congress on Logotherapy
Logotherapeutic Model of Mental Health (30 hours)
Franklian Psychology and Logotherapy (30 Hours)
Introduction to Viktor Frankl's Logotherapy (30 Hours)
Amber University, course on Career Development, by Dr. Ken Bateman
EAP in The Third Millennium
- 1999 Love and Logic Parenting, by Jim Fay
- 1986 National Annual Conference of American Association of Suicidology, Atlanta
Conference on Suicide, by Dr. Marv Miller
- 1985 State Conference for Volunteer Program Directors
Dream Analysis & Treatment of Neurosis, Psychiatric Institute
- 1984 "Child Abuse and Neglect - The Medical, Psychological and Legal Aspects," keynote by Dr. Krugman (Denver), M.D.
"Children and Obesity," keynote by Dr. Mark Halton
"Working with Difficult Children and Adolescents," keynote by Foster Kline, M.D.; "Adolescents at Risk," keynotes by Dr. Jim Kerne and Rick Little; Third Annual Child Sexual Abuse Conference "AWARE," keynote by Suzanne Sgroi, M.D.
- 1983 UTA Graduate School of Social Work Spring Symposium, keynote by Dr. Carlton Munsor; Texas Council on Family Relations Annual Conference, keynote by Robert H. Sprinkle, M.D., and Ray Marshall, M.D.; Parents Anonymous of Texas State Conference - Austin, keynote by Dr. Leonard Boreman;

Workshops Attended 1993, Continued...

“Sexual Abuse, Identification and Prevention,” keynote by Dr. William Cameron “Teaching and Trouble Shooting in Social Work Field Education”, “Legal and Psycho-Social Issues in Rape”, “Women’s Reality In the Workplace”, keynote by Anne Wilson-Shaef”

MEMBERSHIPS

Life Member	Viktor Frankl Institute of Logotherapy
2015- Present	Emotional Transformation Therapy, International Association (ETTIA)
2002- Present	Texas Association Against Sexual Assault
2005- Present	American Counseling Association
2007- Present	American Psychotherapy Association
2004-2008	Collin County Council on Family Violence Conference Committee
2004- 2008	Association of Traumatic Stress Specialists
2001- 2004	Texas Counseling Association (TCA) and Texas Mental Health Counselors Association
2000- 01	Employee Assistance Professional Association, Inc., National and North Texas Chapter
1990- 94	Maryland Professional Counselors Association
1985- 90	American Association of Suicidology
1986	Youth Watch Program Committee Tarrant County Youth Committee (TCYC) Teen Suicide Prevention/Intervention Network
1984	Family Violence Network Advisory Committee for Parents United of Tarrant County Planning Committee for Family Support Program of Tarrant Area Community of Churches (TACC)
1983- 84	Programming Committee of TCYC Advisory Committee for Sexual Abuse Unit of Department of Human Resources, Child Protective Services

RECOGNITIONS/AWARDS

Received many Awards and Certificates of Appreciation for advocacy, presentations and numerous hours of volunteer work in the following schools and community programs:

2015	Dallas Area Rape Crisis Center (DARCC)
2014	Trauma Support Services of North Texas (TSSNT)
2009	Viktor Frankl Institute of Logotherapy
2009	American Association of Psychotherapy
2006	Advocate of the Year, Texas Association Against Sexual Assault (TAASA), (received at the 2007 Annual Conference in Austin)
2005	Association of Traumatic Stress Specialist, Dallas, TX
2002	Family Services of Plano, Plano, TX
2001	Texas Congress of PTA (Honorary Life Membership Award), Plano, TX
1990	Montgomery County Community Action Committee (Mont. County, Maryland)
1982- 87	Women Center of Tarrant County/Rape Crisis Center, Ft Worth, TX Women’s Haven, Ft Worth, TX Fairchild House, Ft Worth, TX Parents United, Ft Worth, TX Youth Collaboration of Tarrant County, Ft Worth, TX

Recognitions 1982 – 87 Continued...

1977- 81 Tarrant Area Community of Churches (TACC), Ft Worth, TX
Minnesota **Governor's Certificate of Recognition**, Duluth, MN
Human Development Center: STAR and Harmony Programs, Duluth, MN

* Part time