

Josie Bohling MFT, #47678

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EDUCATION

Masters of Arts in Counseling Psychology, (December 2005)

Adolescent Counseling Specialization

School of Counseling Psychology- Sonoma State University

Selected Coursework and Internship: Adolescent and Family Therapies, Somatic Psychology , Trauma Recovery, Art Therapy, Group Counseling, Community Outreach

Bachelor of Arts in Environmental Studies, (June 1997)

Experiential and Environmental Education Concentration

School of Environmental Studies- Evergreen State College, Olympia Washington

MASTER'S THESIS

Adolescent Wilderness Therapy Outcomes Analysis

Researched Wilderness Therapy treatment services. Reviewed long term outcomes regarding family relationships, drug and alcohol use and social functioning. Developed research protocol to track most effective Wilderness Therapy programs on long term outcomes

PROFESSIONAL EXPERIENCE

Private Practice Internship, Annie Deichmann - Sebastopol CA, (2006) - Present

- Developed 15 client case load, with Adolescents, and Family Specialization
- Completed management duties of notes , accounts, advertising, budget, billing, CPS and Victim Witness
- Provided somatic psychotherapy and EMDR for trauma, addictions, mood disorders, self mutilation, eating disorders

Director-On Call- Family Life Center - Petaluma, CA, (2003 - 2004/2007 - 2009)

- Counseled and managed milieu logistics of 12 adolescent boys at Level 12 Residential Treatment Home
- Trained milieu counselors in conflict de-escalation and resolution, and consistent delivery of program values
- Collaborated and advised with multidisciplinary treatment team regarding students treatment needs
- Organized Wilderness Therapy program logistics, risk management, therapeutic facilitation and interventions
- Improved programmatic communication and organizational systems

Somatic Psychotherapist Intern, Lomi Psychotherapy Clinic - Santa Rosa CA, (2004 - 2006)

- 20 client
- Served diverse low income community
- Treated crisis, trauma recovery, adolescents relationship conflict, eating disorders, depression and anxiety

Short Term Therapy Counselor, Sonoma State University - Rhonert Park CA, (2004)

- 10 client case load
- Provided sort term and crisis counseling to students of Sonoma State University
- Assessed and refer to community long term counseling when indicated

Intake Coordinator, Mountain Vista Farms - Glen Ellen, CA,(2002)

- Directed program inquires and communications with potential clients
- Assessed drug use history and addictions to determine if program was appropriate to client needs
- Managed admission files and orientations for 2-3 new residents per week.

Environmental Educator-Yosemite Institute - Yosemite CA, (1999-2001)

- Inspired and empowered adolescents through experiential education for positive group dynamics
- Developed unique programs involving ecology, reflection, teamwork, and stewardship
- Collaborated with teachers and parents regarding educational goals from private and public schools

Course Leader, Outward Bound - Jenson, UT, (1998)

- Led adolescents in multi-day climbing and rafting courses for group wilderness survival and outdoor skills
- Facilitated daily personal reflection and accountability toward positive community living
- Managed risk, coordinated with co-leaders