

Dr. Julie A. O'Brien LMHC

OBJECTIVE:

To apply the knowledge acquired from Doctoral studies to edify both graduate and undergraduate students.

EDUCATION:

Argosy University, Sarasota, Florida

Ed.D Counselor Education and Supervision (2012)

Antioch/New England University, Keene, N.H.

M.A. Counseling Psychology (1988).

Franklin Pierce College, Rindge, N.H.

B.A. Psychology (1985).

EXPERIENCE:

Teaching Experience:

NOVA Southeastern University, Ft. Lauderdale, Fl. 2016-present

Graduate level online and in residence instruction.

Webster University, St. Pete, Fl. 2010- 2016

Graduate level online and in residence instruction: Professional Ethics, Multicultural Counseling, Group Theory, Clinical Supervision, Internship, Trauma and Crisis Management

Argosy University, Sarasota, Fl. 2013-present

Graduate level online and in residence instruction:

Individual Theories and Practice, Clinical Supervision, Essentials of Interviewing, Professional Ethics, Psychopathology and Diagnostics. Group Theory, Multicultural Awareness, Internship, Practicum

Argosy University, Sarasota, Fl

Supervision (T.A. II)

Internship (T.A. II & III)

Ethics (T.A. III) 2009-2011

Teaching Assistance, University of South Florida, Sarasota, Fl

Trauma & Crises Intervention (8/09-12/09) T.A. III

Approved Clinical Supervisor: State of Florida since 2006

Clinical/Supervision Experience

Argosy University, 7/09-12/09

Clinical Supervision of Graduate Students for both Practicum and Internship

The Wellness Community/ The Center for Building Hope 2006-2015

Clinical Supervision of Graduate Students for Internship

Private Practice 2006-Present

Clinical Supervision of Registered Interns Seeking Licensure

Webster University, St. Petersburg, Fl.

Counseling Coordinator (8/13-5/16)

Supervise faculty regarding scheduling, performance evaluations and remediation, hiring of faculty, management of faculty and student responsibilities. Liaison to student practicum and internship sites and supervise students adherence to both University policies and procedures as well as the practicum/internship sites. Interview incoming students for appropriateness and preparation for graduate level education.

Jewish Family and Children's Services, Sarasota, Fl.

Facilitator- (10/15- Present)

Facilitate psycho-educational oncological support groups in order to provide education and support for cancer patients and their loved ones. On-going support including but not limited to stress management, emotional regulation, education, and issues of well being and end of life.

The Center for Building Hope/Cancer Support Community/The Wellness Community, Sarasota, Fl.

Facilitator- (12/00-10/15)

Facilitate psycho-educational oncological groups in order to provide education and support for cancer patients and their loved ones. Education includes; cancer care, assertiveness, parenting, children coping with cancer, children coping with parents who are diagnosed with cancer, stress management classes, and introduction to wellness with cancer. Facilitated educational classes on life after cancer and, sexual changes post cancer diagnosis & treatment. Provide individual and family support for children diagnosed with cancer, their parents and siblings to help them to better manage the life altering experience of a cancer diagnosis.

Private Practice, Sarasota, Fl.

Licensed Mental Health Counselor (1998-present)

Provide mental health counseling to individuals, couples, groups and families. Provide treatment for anxiety, substance abuse and addiction, depression, trauma, and personality disorders. Teach parenting classes, stress management classes, and communication education classes, multiple sessions throughout the year. Provide clinical supervision for Master's level students as well as students seeking hours for licensure.

Family Counseling Center, Sarasota, Fl.

Out-Patient Therapist (12/91-8/98)

Facilitate educational classes on the subjects of; Parenting, adolescent domestic violence, children cope with divorce, and, stress management.

Intake and assessment evaluations were conducted for clients in order to make appropriate referrals within the agency. In addition to education and assessment also provided individual, marital, and group counseling. Issues focused on trauma, substance abuse and addiction, personality disorder treatment, anxiety, depression, and grief and loss issues.

Manatee Glens, Bradenton, Fl.

Out-Patient Therapist (02/90-3/91)

Teach drug and alcohol prevention education in the public school system for grades kindergarten through high school.

Provide individual and family therapy to children affected by drug and alcohol abuse.

Youth Opportunities Unlimited, Worcester, Ma.

Program Coordinator (06/88-2/90)

Two residential programs were coordinated for adolescent girls. Responsibilities included: educating residential parents in parenting courses, limit setting and setting appropriate boundaries. Ongoing classes taught on anger management, stress management, substance abuse and addiction, assertiveness and sexual education. The court required regular presentations and education to the court system, on the ongoing progress of the girls, their families and, educational needs and progress as they developed in the residential program.

PRESENTATIONS:

Florida Counselor Association Orlando, Fl. (10/11)

Presentation: The Power Therapies for Trauma

Seventh Annual Traumatology Symposium/ Global Issues & Local Perspectives, Sarasota, Fl. (2011)

Presentation: The Power Therapies for Trauma

Sixth Annual Traumatology Symposium on Dynamic Approaches to Crisis and Trauma Interventions, Sarasota, Fl., (2010)

Treating Trauma in the Aging Population

Helping Children Cope When a Parent has Cancer

The Wellness Community, Sarasota, Fl (2008)

Stress Management

The Wellness Community, Sarasota, Fl. (2007)

Meditation & Relaxation

The Wellness Community, Sarasota, Fl. (2006)

How Children and Adolescents Cope with Grief (2001).

Bereavement Consortium, Sarasota, Fl.

Active Parenting, Sarasota, Fl. (1997 & 1998)

Residential Treatment, Which Models Work, (1990)

Newport, RI

Publications & Editorial Experience

Book Review for International Association of Trauma Professionals (IATP) (2012)

EMDR Made Simple: 4 Approaches to using EMDR with every client- Jamie Marich

Journal of Humanistic Counseling, Education and Development (Edit)

Narrative approaches to enhancing social justice (Edit)

CONTINUING EDUCATION:

Looking Through the Eyes: EMDR and Ego State Therapy across the
Dissociative Spectrum

PTSD Then and Now, There and Here

Military Cultural Competence

Mind/Body Medicine- Harvard University

Impact of Traumatic Deaths on a Community

Using EMDR with Severely Dissociative Clients

Psychopharmacology

EMDR Structural Dissociation

Red Cross Disaster Training

Preventing Medical Errors for Mental Health Professionals

Domestic Violence Update

Ethics and Laws for the Helping Professional

The Aging Brain/The Rejuvenated Brain

Responding to Tragedy, Trauma and Crisis

The Coercive Controller

HIV/AIDS update

Basic Critical Incident Stress Management

Human Sexuality

Supervision for Counselors

Certified Sex Offender Provider

Forgive for Good, A Proven Prescription for Health and Happiness

Palliative Care at the End of Life

EMDR part I

EMDR part 2

Coping with Loss: After the News, Now What?

Understanding Craving: Managing the Physiology and Psychology of
Compulsive Behavior

Certified CFARS rater

Fundamentals of Spiritual Alchemy

Specialized Training on Preventing Domestic Violence

After the Suicide: Intervention with Family and Friends

Accessing the Spirit Self for Healing

Hazard Communication Standard, Infection Control

Treatment Issues with Gays & Lesbians

Seeds of Panic Disorder

Treatment of Narcissistic Personality Disorders

Treatment of Narcissistic Personality Disorders Part II
Sex Therapy & the Sex Therapist
Seizure Disorders
Bulimia/Anorexia
Supervision with James Masterson
Attention Deficit Disorder
Attention Deficit/Hyperactivity Disorder
The Grieving Process
Low Carb Frenzy

Supervision:

Robin Shapiro- EMDR Consultant
Ralph Klein- Masterson Institute
James Masterson-Masterson Institute

AFFILIATIONS:

Chi Sigma Iota-Alpha Upsilon Sigma
American Counseling Association
American Counselor Education and Supervision
Florida Counselor Association
Florida Counselor Education and Supervision
EMDRIA
HAP
American Red Cross

AWARDS

7/2010 Chi Sigma Iota-Alpha Upsilon Sigma Award for Outstanding
Doctoral Student

References:

Mary Ellis- Program Director, Webster University 727 570-9300
Dr. Debra Leggett- Program Chair, Argosy University 941 379-0404
Andrea Feldmar, LMHC- Clinical Director, The Center for Building Hope
630 240-9779
Dr. Beverly Mustaine- Dissertation Chair/ Colleague 941 379 0404
Dr. John Kleinbaum- Former Clinical Director The Cancer Support
Community/ Wellness Community 941 356-7221
Dr. Michael Dubi- 941-379-0404

