

# ELLEN J. TRUSCHEL

CENTRAL VALLEY COUNSELING CENTER, INC.

4545 N. West Ave., Suite 115

Fresno, CA 93705

(559) 908-2991

## SUMMARY OF QUALIFICATIONS

### CLINICAL INTERVENTIONS WITH THE FOLLOWING POPULATIONS

- Imago Relationship Therapy for Marital conflict, intimacy issues, infidelity, and pre-marital counseling
- Family Centered Regulatory Therapy for Parenting Interventions for Severe Behavioral Issues
- Children's issues: Attachment, grief & loss, trauma, disruptive behaviors
- Adolescent Issues: Post Abortion Loss, Oppositional Bx., Conduct disorder
- Adult children of Alcoholics
- Adult Survivors of abuse, neglect
- Post Abortion Syndrome, Miscarriage, stillborn, infant death
- Alzheimers: Strategies for family and institutional caregivers
- Mental Health Issues: Schizophrenia, BiPolar Disorder, Dissociative disorders, Depression, Anxiety, Adjustment Disorders, Addictive Behaviors, Disruptive Behavior Disorders, ADHD, Affective Dysregulation Disorders.

### PROGRAM DEVELOPMENT AND TRAINING

- Consultation, Program Development, and Staff Development and Training
- At-Risk youth programs, Group homes, Board and care homes, Inpatient and Outpatient mental health facilities, Substance abuse programs, Assisted living, memory loss programs, nursing homes
- Clinical Instructor, Consultant, Team Building Workshops, Community Outreach

## EDUCATION

NATIONAL UNIVERSITY - FRESNO

**Master of Arts-Counseling Psychology**

April 2004

CALIFORNIA STATE UNIVERSITY - FRESNO

**Bachelor of Science-Recreation Administration**

Therapeutic Option

Dec. 1988

## CERTIFICATIONS/LICENSE

- Licensed Marriage and Family Therapist, California Board of Behavioral Sciences MFC 43361 - Issued July 3, 2006
- Certified Imago Relationship Therapist
- Certified Dynamic Marriage Facilitator
- Family Centered Regulatory Therapy – In process of certification
- Previous certification with the California Board of Recreation and Park Certification and the National Council for Therapeutic Recreation (1989-2002).

## PROFESSIONAL AFFILIATIONS

- California Association for Marriage and Family Therapists
- American Association for Marriage and Family Therapy
- Imago Relationship International

## **CURRENT PROFESSIONAL EXPERIENCE**

- 2006-Present      CENTRAL VALLEY COUNSELING CENTER, INC. - Fresno, CA  
**Licensed Marriage and Family Therapist/CEO**
- Couples, individuals, family, child therapy
  - Couples issues to include: infidelity, conflict, separation, parenting issue
  - Post abortion stress syndrome, PTSD, panic disorder, depression, childhood abuse, dissociation and loss
  - Attachment issues: anger management, conduct disorder, oppositional defiant, impulsivity and inattention
  - Play therapy; Child custody support for children and parents
  - Group therapy: women's issues, post-abortion loss, experiential therapy group, socialization group, parenting group, growth group.
- 6/2004-1/2007      ROUBICEK AND SHAW - Fresno, CA  
**Licensed Marriage and Family Therapist**
- Individual, group, couples, and family therapy
  - Couples issues: Marital conflict, intimacy issues, pre-marital counseling and preparation
  - Adolescent issues: Attachment disorders, anger issues, self-destructive behavior, depression
  - Children's issues: Behavioral Issues, grief and loss, divorce and custody , family violence, educational/social impairment, trauma, and parental intervention.
  - Addiction and Co-Dependency issues
  - Pregnancy loss: termination, miscarriage, infertility, infant death
- 9/2003-11/2004      SPIRIT OF WOMAN - Fresno, CA  
**Marriage and Family Therapist - Registered Intern**
- Individual, group, child, and family therapy
  - Initial and ongoing assessment, diagnosis, treatment planning, and documentation
  - Population served: Perinatal program for substance abusing women and their children. Woman's issues to include domestic, physical, pregnancy loss, loss of custody of their children, and sexual trauma
  - Children's issues related to interrupted attachment, grief and loss, divorce and separation, family violence, personal trauma, and neglect.

## **RELEVANT CHRONOLOGICAL WORK HISTORY**

- 2000-2003      SAINT AGNES ADULT DAY HEALTH CENTER- Fresno, CA  
**Certified Recreational Therapist/Program Coordinator**  
 Supervisor: Teri Wright-Napoles, Program Director
- Adult Day Health Center
  - Individual and group therapy, program coordination and supervision
  - Alzheimer's, CVA, Cerebral Palsy, Head Injury, Medical Issues
- 1996-2000      THE HACIENDA RETIREMENT COMMUNITY/ARBOR VILLAGE- Fresno, CA  
**Co-Director of Alzheimer's Program**  
 Supervisor, Marjoree Norris, Director
- Residential Facility for the Elderly
  - Program development, staff training and supervision, crisis intervention, and

family support groups.

- Alzheimer's, CVA, Medical Issues, Depression, Parkinson's
- Completed RCFE administrators training

1995-1996

CHCC BEHAVIORAL HEALTH SERVICES- Fresno, CA

**Consultant: Recreational Therapy**

Supervisor: Ken Katz, Clinical Director of Behavioral Health Services

- Adolescent inpatient crisis program, out-patient substance abuse, inpatient open and secured psychiatric facility and inpatient substance abuse program
- Clinical instructor, consultant to develop competencies of staff, volunteers, interns, contract employees, and students, team building workshops, and performance improvement coordinator

1994-1995

THERAPEUTIC RECREATION SERVICES- Fresno, CA

**Recreational Therapy Consultant, Self Employed**

Supervisor: Self Employed

- Consultation Services
- Individual/group therapy, program development, staff training, and consultation services.
- Skilled nursing facilities, residential treatment facilities for mentally ill, group homes for developmentally disabled, individualized programming for stroke rehabilitation clients.

1993-1994

YWCA-MARJOREE MASON CENTER- Fresno, CA

**Children's Program Coordinator/Women's Recreation-Education Coordinator**

- 30 day domestic violence shelter for women and children (0-12)
- Children's groups and individual therapy, parent-child intervention, parenting skills, women's recreation, domestic violence and diversity education, support grp

1992-1993

CPC SIERRA GATEWAY HOSPITAL- Clovis, CA

**Certified Recreational Therapist**

Supervisor: Dudley Hanchey, Clinical Director

- Partial hospitalization program
- Assessments, treatment planning, group facilitation and documentation
- Children (ADHD, PTSD), Adolescents (Substance abuse, oppositional defiant, major depression), Adults (schizophrenia, bipolar, major depression, panic disorder)

1991-1992

FRESNO COMMUNITY HOSPITAL (4-WEST) - Fresno, CA

**Certified Recreational Therapist**

Supervisor: Tom Bulger, Supervisor of Recreational Therapy Department

- Secured Psychiatric Facility
- Individual and group therapy, assessment, treatment planning, and crisis intervention
- Schizophrenia, brief psychotic disorder, bipolar, major depression, borderline personality disorder, dissociative identity disorder, depersonalization, PTSD

1991-1992

MILL CREEK HOSPITAL- Visalia, CA

**Certified Recreational Therapist**

Supervisor: Lori McDevitt, Director of Recreational Therapy

- Free-Standing Psychiatric Facility (Women's Program, Secured Adult Unit)
- Movement, dance, and art therapy, leisure skills and therapeutic outings
- Major depression, post traumatic stress disorder, sexual trauma, schizophrenia,

bipolar, bereavement, panic disorder

1989-1991

RENAISSANCE ADOLESCENT CENTER- Clovis, CA

**Certified Recreational Therapist**

Supervisor: Dudley Hanchey, Clinical Director

- Inpatient adolescent psychiatric and substance abuse program
- Individual and group therapy
- Major depression, conduct disorder, post traumatic stress disorder, panic disorder, sexual abuse trauma, borderline personality disorder, alcohol and drug dependency

1989

CHARTER HOSPITAL OF LONG BEACH, Long Beach, CA

Recreational Therapy Intern

Supervisor: Laura Senden

- Inpatient Children's Psychiatric Program
- Secured Adult Psychiatric Program
- Ropes Course Training and experiential therapy
- Schizophrenia, Bipolar, Personality Disorders, Oppositional Defiant Disorder, ADHD, OCD, Trauma and loss recovery, depression, anxiety disorders, dissociation.

## **EXPANDED PROFESSIONAL EXPERIENCE**

### ***COUNSELING***

- Initial interview and assessment, diagnosis, treatment planning, documentation, discharge planning, and interdisciplinary team conferences
- Individual, group, child and adolescent, and family therapy
- Crisis Intervention
- Theoretical orientation and treatment modalities include: Imago Relationship Therapy, Family Centered Regulatory Therapy, Expressive arts, experiential, support, psycho-educational, cognitive-behavioral, psychodynamic, play therapy, adventure programming, gestalt, and Christian counseling.

### ***COMMUNITY OUTREACH***

- Facilitation of Rachel's Vineyard healing retreat weekends for post-abortive women and men
- Marriage enrichment and preparation workshops
- Divorced and separated support groups
- Parenting education workshop

### ***SUPERVISION AND ADMINISTRATION***

- Interviewing, hiring, training, and supervision of care providers, behavioral health counselors, dietary aides, recreational therapy interns, students, volunteers, and contract employees
- Ensured compliance with regulatory agencies such as JCAHO, TITLE 22, USDA, etc.
- Problem solving, leadership, and strategic planning during organizational transitions
- Budget monitoring and supervision
- Protocol development, staff development and team building, development of policy and procedures, coordinator of performance improvement