

Melissa A. Paulsen

Email: melissa@risecounselingandconsulting.com

Work Experience:

RISE Counseling & Consulting Anamosa, IA January 2022 – Present

- Owner & Therapist
- Anamosa – January 2022 Maquoketa – May 2025
- Cascada – January 2023 Manchester –
- DeWitt – August 2023 Peosta –
- Dyersville – June 2024 Monticello –
- Elkader – July 2024

Life Connections Anamosa, IA October 2014 – December 2021

CEO of Mental Health & Substance Use Programming; Outpatient Therapist

- Individual Therapy: children, adolescents, and adults dealing with depression, anxiety, grief and loss, self-harm, and adjustment-related stressors
- Couples Therapy: communication, marital distress, infidelity, and premarital counseling
- Family Therapy: blended families, communication, and conflict-resolution
- Specialties: Registered Play Therapist, EMDR Trained, Certified in TF-CBT, Theraplay Level 1
- Jones County Supervisor – manage both offices in Jones County 10/14 to 12/18
- CEO of Mental Health 01/19 to 12/21: responsible for all business aspects of mental health services including staff, direct supervision of mental health managers, budget, program oversight, and approving of program policies and procedures
- Grew therapy department from 185 sessions per week to 800+ sessions per week and from 15 therapists to 55 therapists in 3 years.
- Establish internship program that grew from 1-2 interns per year to 24 interns in 2021-2022.
- Establish school-based therapy program that grew from 1 district to 11 districts / 25 schools served.
- Started Substance Use Program for Life Connections for Evaluations + Treatment with 8 providers.

Life-Line Resources Anamosa, IA September 2012 – October 2014

Outpatient Therapist

- Individual Therapy: children, adolescents, and adults dealing with depression, anxiety, grief and loss, and adjustment-related stressors
- Couples Therapy: communication, marital distress, infidelity, and premarital counseling
- Family Therapy: blended families, communication, and conflict-resolution
- Play therapy techniques: ages 3 and up
- LPHA assessments for BHIS services

Tanager Place – Van Vechten Cedar Rapids, IA June 2010 – August 2012

Youth Service Worker

- Monitor activities of 10-12 clients and respond to emergencies during overnight shift
- Reconcile weekly contact hours for counselor reports
- Pass morning medications and perform compliance counts

Tanager Place – Sinclair Cedar Rapids, IA August 2011 – July 2012

Intern

- Perform individual, group, and family therapy under supervision of LMSW
- Prepare thorough and timely progress notes for each client's session
- Compile and summarize client progress notes for psychiatrist review
- Research and prepare daily treatment group activities for 14-week rotational cycle; write standard operating procedures for seamless implementation by staff

Nanny

- Care for children of five families ranging in ages from five months to 12 years
- Work with parents to develop and implement discipline programs and to promote desirable behavior
- Model appropriate social behaviors and encourage concern for others to cultivate development of interpersonal relationships and communication skills

Department of Correctional Services Cedar Rapids, IA

August 2009 – May 2010

Intern

- Shadowed counseling staff during individual sessions with offenders regarding routine meetings, evaluations, and treatment
- Assisted in the development of curriculum for two substance abuse classes

Academic Background:

Master of Arts, Marriage & Family Therapy

Mount Mercy University, Cedar Rapids, Iowa

Date Granted: August 12th, 2012

Cumulative GPA: 3.7781

Bachelor of Arts, Majors: Psychology & Criminal Justice, Minor: Sociology

Mount Mercy College, Cedar Rapids, Iowa

Date Granted: May 22nd, 2010

Cumulative GPA: 3.6929

Honors: Magna Cum Laude

Licensure Information:

- ❖ Licensed Marriage & Family Therapist (LMFT)
 - License No: 000379
 - Provisional Issue Date: 11.16.2012
 - Independent Issue Date: 05.26.2015
 - Expiration Date: 09.30.2028
- ❖ Registered Play Therapist-Supervisor™ (RPT-S™)
 - License No: S2893
 - RPT Issue Date: 09.01.2015
 - RPT-S Issue Date: 05.19.2020
 - Expiration Date: 10.31.2026
- ❖ Individual NPI: 1114270410
- ❖ CAQH: 13566649

Certifications:

- ❖ Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT)
 - Issue Date: 06.22.2015
 - Recertified: 05.18.2020
 - Effective Until: 06.22.2025
- ❖ EMDR Training Course / EMDR Trained Therapist
 - Date of Completion: 07.13.2019
- ❖ Approved Mediation Education & Children in the Middle Facilitator for the 6th Judicial District
 - First Class 10.18.2014
 - Last Class 09.07.2019
 - Total Number of Classes 49

Professional Memberships:

American Association for Marriage and Family Therapy (AAMFT)

- Student Membership 05.11.2011 - 05.21.2013
- Pre-Clinical Fellow Membership 05.21.2013 - 06.21.2016
- Clinical Fellow Membership 06.21.2016 - 09.30.2027 (Present)
- Member ID #: 137482
- Member Since: 05.11.2011
- Membership Expires: 09.30.2027

Association for Play Therapy (APT)

- Membership #: 29793201
- Member Type: Professional
- Expires: 03.07.2027

Iowa Association for Play Therapy (IAPT)

- Board Member 03.24.2015 – 12.31.2019
- Secretary 08.19.2015 – 12.31.2019

Community Involvement:

- ❖ Chaperone Midland High School Post Prom 2016 & 2017
- ❖ Wyoming Library Board of Directors 07.13.2015 – 06.30.2021
 - Secretary 02.04.2016 – 06.30.2021
 - Liaison to Friends of the Library FY17
- ❖ Paul Petersen Foundation 2015 – Present
 - Compile and track mailing addresses for yearly invitation & thank-you distribution.
 - Assist with setup of annual golf tournament.
- ❖ Assist with Jones County School Supply Drive 2015, 2016, 2017, 2018, 2019, 2020
- ❖ Jones County Community Partnerships for Protecting Children (CPPC) & Family Council
 - Jones County Community Partnerships for Protecting Children (CPPC) 10.13.16-06.11.26
 - State funding ends 06.30.2026.
 - Jones County Family Council 10.13.16-Present
- ❖ Jones County Safe & Healthy Youth Coalition (JCSHYC)
 - Planning Committee 2016 – Present
- ❖ Jones County Community Connections 2014 – Present
 - Attend bimonthly meetings.
 - Compile and distribute notes from all those who attend bimonthly meetings.
 - Create Google Drive database of resources for community and providers.
- ❖ Jones County Decat Board 07.01.2024 – 06.30.2026
 - Board Member

Awards:

- Life Connections Staff In The Spotlight February 2017
- Iowa Association for Play Therapy 2022 Mentorship Award / Mentor of the Year September 2022
- Anamosa Chamber of Commerce 2022 Newcomer of the Year January 2023

Liability Insurance:*HPSO (Healthcare Providers Service Organization)*

Policy Number: 0619663961

Each Claim: \$1,000,000 Aggregate: \$5,000,000

Start Date: 09.01.2015 Expires: 09.01.2016

Start Date: 09.01.2016 Expires: 09.01.2017

Start Date: 09.01.2017 Expires: 09.01.2018

Start Date: 09.01.2018 Expires: 09.01.2019

CPH & Associates

Policy Number: AR107227

Each Claim: \$1,000,000 Aggregate: \$5,000,000

Start Date: 09.03.2019 Expires: 09.03.2020

Start Date: 09.03.2020 Expires: 09.03.2021

Start Date: 09.03.2021 Expires: 09.03.2022

Start Date: 09.03.2022 Expires: 09.03.2023

Start Date: 09.03.2023 Expires: 09.03.2024

Start Date: 09.03.2024 Expires: 09.03.2025

Start Date: 09.03.2025 Expires: 09.03.2026

Mandatory Reporter Trainings:

09.01.2010 Child Abuse Mandatory Reporter Training Expires 08.31.2015

09.11.2012 Abuse of Dependent Adults Expires 09.11.2017

08.21.2015 Mandatory Reporter: Child and Dependent Adult Abuse Expires 08.21.2020

08.10.2020 Dependent Adult Abuse Mandatory Reporter Training Expires 08.10.2023

08.10.2020 Child Abuse Mandatory Reporter Training Expires 08.10.2023

07.27.2023 Dependent Adult Abuse Mandatory Reporter Training Expires 07.27.2026

07.27.2023 Child Abuse Mandatory Reporter Training Expires 07.27.2026

07.07.2026 Dependent Adult Abuse Mandatory Reporter Training Expires 07.07.2029

07.07.2026 Child Abuse Mandatory Reporter Training Expires 07.07.2029

Conferences Attended:

Iowa Association for Play Therapy Annual Conference

- 18th Annual Iowa Association for Play Therapy Conference – 2012
- 19th Annual Iowa Association for Play Therapy Conference – 2013
- 20th Annual Iowa Association for Play Therapy Conference – 2014
- 21st Annual Iowa Association for Play Therapy Conference – 2015
- 22nd Annual Iowa Association for Play Therapy Conference – 2016
- 23rd Annual Iowa Association for Play Therapy Conference – 2017
- 24th Annual Iowa Association for Play Therapy Conference – 2018
- 25th Annual Iowa Association for Play Therapy Conference – 2019
- 26th Annual Iowa Association for Play Therapy Conference – 2020 (Virtual)
- 27th Annual Iowa Association for Play Therapy Conference – 2021
- 28th Annual Iowa Association for Play Therapy Conference – 2022
- 29th Annual Iowa Association for Play Therapy Conference – 2023
- 30th Annual Iowa Association for Play Therapy Conference – 2024
- 31st Annual Iowa Association for Play Therapy Conference – 2025

Hospite (Annual Grief Training/Conference)

- 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2025

Trainings Attended:

Date(s)	Title of Training	Trainer(s)	Hours
07.07.26	DS 169 Child Abuse Mandatory Reporter Training	Iowa HHS	02.00 Hours
07.07.26	DS 168 Dependent Adult Abuse Mandatory Reporter Training	Iowa HHS	02.00 Hours
04.23.26	Behavioral Health Leadership Summit (Panelist)	Dr. Elise Healzer	08.00 Hours
10.08.25	Hospite: The Next Frontier: The Future of Hospice & Bereavement Care Is Not What You Think	Allison Gilbert	06.00 Hours ***
09.12.25	The Intersection of Play Therapy and Childhood Sexual Abuse	Sueann Kenney-Noziska	06.00 Hours *
09.11.25	Integrative Play Therapy for the Treatment of Childhood Abuse and Trauma	Sueann Kenney-Noziska	06.00 Hours *
09.10.25	Trauma-Informed Supervision: Expressive Approaches in Play Therapy Supervision	Sueann Kenney-Noziska	03.00 Hours *
09.13.24	Let's Get Messy: Play Therapy with Divorced and Blended Families	Nikki Pauli	06.00 Hours *
09.12.24	Considering Temperament for Conceptualization and Intervention in Adlerian Play Therapy	Nikki Pauli	06.00 Hours *
09.11.24	Welcome to Iowa: Fields of Opportunities for Ethical Play Therapy Dilemmas in Rural Communities	Nikki Pauli	03.00 Hours *
04.12.24	How to Care for Gender Diverse Children in the Age of Queer Erasure: A Guide for Play Therapists	Remi Andrews	01.00 Hours *
04.12.24	Familial Encouraging Connection Therapy (FECT): Promote Parent Involvement with Adlerian Play Therapy	Nikki Pauli & Erica Wassenaar	02.00 Hours *
04.12.24	Across Disciplines: Somatic Approaches & Play Therapy	Jess Pladsen	03.00 Hours *
10.31.23	I Forgot You Are a Minority: Culturally-Sensitive Play Therapy Supervision	Alvin Bonds	01.50 Hours *
10.11.23	Hospite: The Art of "Companioning" the Bereaved: Caring Versus Curing	Dr. Alan Wolfelt	06.00 Hours ***
09.22.23	The Disruptive Child in Play Therapy: Conceptualizing Disruptions from All Angles	Franc Hudspeth	06.00 Hours *
09.21.23	Addressing the Impact of Bullying from a Complex Trauma Perspective by Utilizing Neurobiologically-Informed Play Therapy	Franc Hudspeth	06.00 Hours *
04.12.23	QPR Suicide Prevention Gatekeeper Program	Ryan Nesbit	02.00 Hours
10.19.22	Hospite: Conscious Grieving: Understanding Grief & Loss	Claire Bidwell Smith	06.00 Hours
09.23.22	Expressive Arts in Play Therapy Across the Lifespan: Therapeutic Use of Symbol, Image, & Metaphor	Dr. Sue Bratton	06.00 Hours *
09.22.22	Play Therapy for Children with a History of Trauma/Attachment Difficulties	Dr. Sue Bratton	06.00 Hours *
09.21.22	Exploring Our Ethical Responsibility When Working with the Court System	Kate Haberman	03.00 Hours *

09.12-14.22	Brainspotting – Phase 1	Mariya Javed-Payne & Joy Mong	21.00 Hours	****
08.26.22	Brainspotting – The Brain-Body Based Therapy for Treating Trauma	David Grand	06.25 Hours	****
04.08.22	Cultivating Compassion Resilience in Play Therapy Supervision	Jennie Null	02.00 Hours	*
04.08.22	Using Adlerian Play Therapy with Grieving Clients	Nikki Pauli & Ellen Daly	02.00 Hours	* & ***
04.08.22	Play Therapy in the Epoch of COVID	Dr. Terry Kottman	02.00 Hours	*
12.13.21	Working Through the Losses	Anne Ventullo	03.00 Hours	***
10.20.21	Hospite: Grief in 2021: Understanding and Healing All Types of Grief	David Kessler	06.00 Hours	***
10.08.21	LGBTQ+ and Safe Zone	Jacob Sandoval	02.00 Hours	
10.08.21	Attachment Disorder and Related Treatment Approaches	Erin Aude	01.00 Hour	
09.10.21	Play-Based Interventions for Children and Families with Trauma and Attachment Challenges	Risë VanFleet	06.00 Hours	*
09.09.21	The Secret Ingredient to Long-Lasting Play Therapy Results: Family Approaches to Play Therapy	Risë VanFleet	06.00 Hours	*
09.08.21	Play Therapy Supervision: Recognizing & Managing Countertransference	Jennifer Null	03.00 Hours	*
04.16.21	Emotional First Aid with Tapping	Diane Hudson	00.50 Hour	
04.16.21	A harm reduction approach to the evaluation, diagnosis, and treatment for individuals with co-occurring mental health & substance use disorders	Amanda Asay	01.00 Hour	
12.14-15.20	The Body Keeps the Score	Bessel van der Kolk, MD	12.50 Hours	
10.21.20	Hospite: When Grief is “Complicated”: A Model to Understand, Identify, and Companion Grievers	Dr. Alan Wolfelt	06.00 Hours	***
09.10-11.20	Jungian Analytical Play Therapy: A Deeper Understanding of Children’s Play	JP Lily	12.00 Hours	*
09.09.20	Ethics and Other Expectations of Play Therapists: A Discussion	Kristin Meany-Walen	03.00 Hours	*
08.10.20	DS 169 Child Abuse Mandatory Reporter Training	DHS	02.00 Hours	
08.10.20	DS 168 Dependent Adult Abuse Mandatory Reporter Training	DHS	02.00 Hours	
07.16.20	Co-Occurring Mental and Substance Use Disorders in Farming and Rural Communities: Assessment, Ethics, and Preventing Compassion Fatigue	SAMHSA	01.00 Hour	
04.15.20	Advance Your Cultural Competency in the Clinical Setting: DSM-5® Guidelines, Ethical Standards and Multicultural Awareness	Jose Vasquez	06.00 Hours	
04.14.20	Client Feedback in Supervision: Innovations in Training	William Pinsof, Jennifer McComb, & Rachel Diamond	03.00 Hours	
04.14.20	Playing it Straight in Supervision: Dealing with Counter-Transference Issues in Play Therapy	Laura Tejada & Cynthia Reynolds	02.00 Hours	*
04.14.20	Ethical Use of Drawings in Play Therapy: Considerations for Assessment, Practice, and Supervision	Sarah Stauffer	01.00 Hour	*
04.13.20	iSupervise – Using Technology in Supervision	Mary Fry & Rebeca Chow	03.00 Hours	*
04.03.20	Supervision of School-Based Play Therapists: Developing Advocates Who Meet Children Where They Are	Sarah Stauffer & Lauren Wynne	03.00 Hours	*
03.31.20	Supervisor Training – Play Therapy Supervision: Applying Models, Assessing Development, & Enriching Play Therapy Skills	Corie Schoeneberg	03.00 Hours	*
03.19.20	Supervision in Mental Health Care	Benjamin Caldwell	06.00 Hours	
10.22.19	Hospite: Part II: Grief Through the Life Cycle	Ken Doka	03.00 Hours	***
10.22.19	Hospite: Part I: The Disposition Directive and How Iowa’s Laws Affect the Deceased and their Family at the Time of Death	Paul Morf	03.00 Hours	***
09.12&13.19	A Relationally Sensitive Neurobiological Approach to Play Therapy	Rick Gaskill	12.00 Hours	*
09.11.19	Supervision in Play Therapy: Integrating Therapist Wellness	Kristin Meany-Walen	03.00 Hours	*
02.09.19	Building a Great Marriage	Drs. John & Julie Gottman	01.00 Hour	
02.01.19	Mastery in Mental Health Documentation & Medical Necessity: Comprehensive Clinical Documentation for Psychotherapists	Beth Rontal	06.25 Hours	
01.15&17.19	Mental Health First Aid USA	Kathy Johnson & Kathy Koehn	08.00 Hours	
11.05.18	EMDR Success with Children: Integration of Play Therapy Through 8 Phases of EMDR	Shanon Claussen	06.00 Hours	* **
10.24.18	The Five Areas of Healing Grief: Understanding, Healing, The Mind of Grief, Legacy, and Continued Connections	David Kessler	06.00 Hours	***
09.14.18	Play Therapy with Angry & Aggressive Clients	Dr. Jeff Ashby	06.00 Hours	*
09.13.18	Play Therapy with Teens & Tweens: Individual & Family Interventions	Dr. Jeff Ashby	06.00 Hours	*
09.12.18	The Ethics of Play Therapy in a Changing World	Dr. Jeff Ashby	03.00 Hours	*
06.26&28.2018	Youth Mental Health First Aid	Kathy Koehn & Wedny Murray	08.00 Hours	
06.20.2018	Darkness to Light’s Stewards of Children	Rachel Williams	02.00 Hours	
05.17.2018	Creating Trauma-Informed Schools: A Leadership Perspective	Autumn Pino	01.25 Hours	

05.17.2018	Building Resilient Students, Teachers, and Schools through PBIS: Making Connections Between the ARCH Model of Resiliency and Effective Classroom Practices	Laura Medberry & Holly Becker	01.25 Hours	
05.17.2018	Resiliency Matters: Helping Children Grow through Adversity	John Richardson-Lauve	00.75 Hours	
05.17.2018	"Make Me!" – Strategies for Challenging Behaviors	Heather Forbes	01.25 Hours	
05.17.2018	This is your Brain on Trauma: Understanding Challenging and Difficult Behaviors	Heather Forbes	02.00 Hours	
10.26.2017	Exploring the Paradoxes of Mourning: Enhancing Your Understanding of the Three Forgotten Truths	Dr. Alan Wolfelt	06.00 Hours	***
10.12.2017	Th-11 We ARE Having Fun Now: Using Tabletop Games in Play Therapy	Terry Kottman	03.00 Hours	*
10.12.2017	Th-7 The Twenty Minute Miracle: Play Therapy in a School Setting	Wendy Monahan	03.00 Hours	*
10.11.2017	W-9 Expanding Play Therapy: How to Therapeutically Speak the Client's Language in a Digital Era	Jessica Stone	02.00 Hours	*
10.11.2017	W-6 Drawing Adolescents Away from The Screen and Into Your World: Using Attachment Based Play While Balancing Ethics and Boundaries in the Age of Social Media	Gloria Cockerill	03.00 Hours	*
10.11.2017	W-4 Child-Centered Play Therapy: What to do When...	Dee Ray	03.00 Hours	*
10.10.2017	Tu-3 Express Yourself, So You Can Respect Yourself! Integrating Expressive Arts in Play Therapy with Adolescents	Clair Mellenthin	03.00 Hours	*
09.15.2017	Healing Rational Trauma & Attachments Through Humanistic Play Therapy	Kara Carnes-Holt	06.00 Hours	*
09.14.2017	Expressive Arts & Play Therapy Strategies for Adolescents	Kara Carnes-Holt	06.00 Hours	*
09.13.2017	The Journey Within: Play Therapy & Expressive Art Strategies for Counseling Supervision	Kristin Meany-Walen	03.00 Hours	*
06.27-28.2017	Evidence-Based Assessment	Jessica Mays	10.00 Hours	
04.20-21.2017	Meeting Clients Where They Are: Using the Language of Video Games in Play Therapy	Terry Kottman	14.00 Hours	*
11.14.2016	Hospite 2016: How the Death Shapes the Grief: Ways to Increase Healing & Decrease Suffering for All	David Kessler	06.00 Hours	***
09.23.2016	Creative Family Therapy Techniques	Liana Lowenstein	06.00 Hours	*
09.22.2016	Innovative Evidence-Based Interventions for Traumatized Children	Liana Lowenstein	06.00 Hours	*
09.21.2016	Ethics for Play Therapists	Kristin Meany-Walen	03.00 Hours	*
06.24-06.26	EMDR Part 2	Bonnie Mikelson	20.00 Hours	**
04.29-05.01	EMDR Part 1	Bonnie Mikelson	20.00 Hours	**
04.27.2016	Minimal Facts Interviewing	Kerstin Marnin	02.00 Hours	
09.18.2015	Creative Interventions for Grief & Trauma: A Play Therapy Approach	Scott Riviere	06.00 Hours	*
09.17.2015	The Next Big Thing: Fostering Creativity & Innovation in Play Therapy	Scott Riviere	06.00 Hours	*
09.16.2015	Play Therapy Supervision: Using Expressive Arts & The Discrimination Model	Kristin Meany-Walen	03.00 Hours	*
08.11-14.2015	Level One Introductory Theraplay and Marschak Interaction Method	Theraplay Institute	26.00 Hours	*
06.19.2015	Problem Presentation, Treatment Plans and Case Conceptualization	Stacie Mitchell	02.50 Hours	*
06.19.2015	Play Therapy and Autism Spectrum Disorders	Stacie Mitchell	02.50 Hours	*
11.07.2014	Difficult and Defiant Children: Play Therapy Techniques	Stacie Mitchell	03.00 Hours	*
11.07.2014	Play Therapy Interventions for Sexual Abuse Victims	Stacie Mitchell	03.00 Hours	*
09.12.2014	IA4PT: Sandtray Therapy and Its Use for Trauma-Informed Work with Individuals and Families	Dr. Linda Homeyer	06.00 Hours	*
09.11.2014	IA4PT: Engaging Adolescents: Inspired Play Therapy Techniques for Teens and Tweens	Brijin Gardner	06.00 Hours	*
09.10.2014	IA4PT: Ethics Workshop	Dr. Jeff Ashby	03.00 Hours	*
06.21.2014	Play Therapy for Trauma and Abuse	Stacie Mitchell	03.00 Hours	*
06.21.2014	Basics of Adlerian Play Therapy	Stacie Mitchell	03.00 Hours	*
06.12-13.2014	Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT)	Matt Kliethermes	14.00 Hours	
06.04.2014	Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) Webinar	Webinar	10.00 Hours	
05.2014	MF 571: Play Therapy & Family Therapy Class at MMU	Stacie Mitchell	67.50 Hours	*
03.21-22.2014	Shifting the Paradigm: Trauma Informed Care Going Mainstream	Cathy Harris	09.50 Hours	
03.07.2014	A Day of Play: How to Incorporate Play Therapy into Your Practice	Kacey Peterson	05.00 Hours	
10.04.2013	Schizophrenia & Intellectual Disability	Susan Smith	02.00 Hours	
09.26-27.2013	IA4PT: Extended Play-Based Developmental Assessment & Use of Clinical Metaphor	Eliana Gil	13.00 Hours	*
09.25.2013	IA4PT: DSM-5 Training		04.00 Hours	*
09.20.2013	SASSI: Clinical Interpretation	William Ricketts	03.50 Hours	
09.20.2013	SASSI: Administration and Scoring	William Ricketts	03.50 Hours	

08.23.2013	Reducing Aggression: The Power of Reinforcement	Susan Smith	02.00 Hours
06.21.2013	The Powerful Impact of Play Therapy	Stacie Mitchell	06.00 Hours *
01.24.2013	Attachment and Trauma Training	Rhonda Lettington	02.00 Hours
09.26.2012	Keeping Our Kids Safe	Danielle Drew	02.00 Hours
09.26.2012	Partnering with BHIS Families: Engaging & Moving Them Forward	Danielle Drew	02.00 Hours
09.13-14.2012	IA4PT: Becoming a Brain-Wise Play Therapist: Using Play Therapy and Expressive Arts Across the Lifespan	Bonnie Badenoch	13.00 Hours *
04.13-14.2012	Mindfulness and Acceptance in Couples and Family Therapy	Craig Butterfield	06.50 Hours
06.24.2011	Integrating Neuroscience and Psychotherapy	Dr. Randy Lyle	06.00 Hours

* Denotes Play Therapy specific training.	386.00
** Denotes EMDR specific training.	46.00
*** Denotes Grief & Loss specific training.	59.00
**** Denotes Brainspotting specific training.	27.25

386.00	Hours of Play Therapy Specific Training
46.00	Hours of EMDR Specific Training
59.00	Hours of Grief & Loss Specific Training
99.25	Hours of Trauma Specific Training
39.50	Hours of Supervision Specific Training (21/30 Play Therapy Supervision Specific Training)
28.00	Hours of Ethic Specific Training
655.00	Total Hours of Training (some trainings fall into more than one category)

Speaking Engagements & Presentations:

- ❖ 01.11.17 Jones County Safe & Healthy Youth Coalition (JCSHYC) – Monthly Meeting
 - Present on ACE's, credentials/specialties, trauma, and self-care/stress management techniques.
- ❖ 03.01.17 Midland Middle-High School – Professional Development
 - Present on ACE's, trauma informed school approaches + tips, depression, anxiety, ADD/ADHD, & Life Connections Services (Therapy + BHIS).
- ❖ 04.20.21 It's Not Over When It's Over: The Pandemic, Mental Health, and Underage Drinking/
Alcohol Use Sponsored by the Jones County Safe & Healthy Youth Coalition (JCSHYC).
 - Panelist
- ❖ 09.15.21 Midland Middle-High School – Professional Development
 - Presentation on Grief & Loss for faculty.
 - Topics: cultural barriers, grief timelines, stages of grief, grief goals, complicated grief, grieving in character, anticipatory grief, grief bursts, how to help students, what not to say, how to continue honoring the deceased student, favorite quotes, and shared grief articles and resources.
- ❖ 11.16.21 Iowa School Counselors Association – Presentation
 - Co-Presenter
 - Presentation on [Mental Health Support for Staff](#) for roughly 40 school counselors.
 - Evaluation Score = 23.5 / 24.0
- ❖ 04.07.22 Presentation for Jones County Law Enforcement
 - Title: Stress vs. Burnout, Acute Stress Disorder vs. Posttraumatic Stress Disorder, Self-Regulation Skills, & When to Seek Support
 - @ Jones County Courthouse; 2:00 PM - 4:00 PM
- ❖ 04.19.22 Project SAFE Town Hall: Mental Health & Suicide Awareness & Prevention
 - @ Anamosa High School - Ellen Kennedy Performing Arts Center, 6:30 PM - 8:00 PM
 - Panelist
- ❖ 04.24.22 Grief Presentation for Local Church
 - Title: Grief & the Healing Process
 - @ Wayne Zion Lutheran Church; 1:30 PM - 2:30 PM
- ❖ 11.07.22 Iowa School Counselors Association – Presentation
 - Co-Presenter
 - Presentation on "Supporting the Mental Health of the High-Functioning Student" for roughly 60 school counselors.
- ❖ 03.28.23 Project SAFE: Strike Out the Stigma: Mental Health Suicide Awareness & Prevention
 - @ Monticello High School - Auditorium, 6:30 PM - 8:00 PM
 - Panelist
- ❖ 04.18.23 Talk. We Hear You. Forum on Teen Mental Wellness and Substance Use Prevention
 - @ Anamosa High School - Ellen Kennedy Performing Arts Center, 6:30 PM - 8:00 PM
 - Panelist
- ❖ 07.10.23 Jones County Young Professionals Presentation
 - @ RISE Anamosa Office
- ❖ 08.18.23 Suicide Gatekeeping: Listen, Question, Connect
 - @ Anamosa High School - Ellen Kennedy Performing Arts Center, 12:30 PM - 2:30 PM
 - 150+ Present
- ❖ 09.12.23 Anamosa Rotary Club
 - Presentation on RISE Services, Mental Health Stigma, & Rural Communities
 - @ Thou Art - 7:30 AM - 8:00 AM
 - 13 present
- ❖ 10.05.23 2023 Iowa Best Summit
 - Presentation: Maximizing Community Partnerships to Increase Mental Health Support for Students and Reduce Burnout for Educators
 - @ Hy-Vee Hall 1:00-2:15 PM

Local Newspaper Publications:

Anamosa Journal-Eureka

- ❖ 11.06.2013 Interview – [New business brings therapist closer to home](#)
- ❖ 11.14.2013 Blog – Ribbon Cutting
- ❖ 06.12.2014 Blog – What Is Therapy?
- ❖ 07.10.2014 Blog – A Closer Look At: Depression
- ❖ 08.07.2014 Blog – My Kids Are Off To College...Now What?
- ❖ 09.11.2014 Blog – Screen Time
- ❖ 11.13.2014 Interview – [Life Connections offers a lifeline for therapist](#)
- ❖ 04.14.2022 Interview – [RISE offers Anamosa another option](#)
- ❖ 04.28.2022 Event – [Town hall discusses suicide, mental health awareness](#)

Midland Times

- ❖ 05.02.2014 Interview – “Paulsen strengthens families through individualized therapy”
- ❖ 05.30.2014 What Is Therapy?
- ❖ 06.13.2014 A Closer Look At: Depression
- ❖ 07.11.2014 A Closer Look At: Anxiety
- ❖ 08.08.2014 My Kids Are Off To College...Now What?
- ❖ 09.05.2014 Screen Time
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