

JULIE D. WOOD, MA, LMFT, LMHC

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EDUCATION

Masters of Arts, Psychology
Thesis: *Jeff: A case application of Mahler, Kohut, and Terr*
Seattle University 1992

Bachelor of Arts, History and Philosophy
Honors, Magna cum laude, Phi Beta Kappa
University of Washington 1983

Post Graduate Certificates:

Marriage and Family Therapy Certificate
Co-AMFTE Approved Clinical Training
Presbyterian Counseling Center, 1995-1997

Parent Evaluation Treatment Program
UW School of Law
2000-2001

CLINICAL EXPERIENCE

Private Practice: Psychotherapy, Clinical Supervision, and Consultation, 1996 - present

- Psychotherapy for adults, couples, and families with children and adolescents
- Specialized training and experience in marriage and family therapy, grief, early childhood and adolescent therapy, dynamics and treatment methods in high conflict families, pediatric disability/illness, depression and anxiety
- Clinical supervision for post-graduate therapists seeking licensure as LMHC, LMFT or LICSW. Washington State Approved Supervisor and AAMFT Approved Supervisor
- Consultation for healthcare, education, and mental health professionals
- Clinical supervision and consultation for Kindering Center Family Services Department

Kindering Center, Senior Family Therapist, 1992 - 2006

Developed and directed Family Therapy Department at a multidisciplinary, neurodevelopmental clinic serving families with young children with disability, illness, or maltreatment

- Psychotherapy/Family Therapy: For individuals, families, and couples addressing grief, acute stress and adjustment issues, post-partum depression, depression, anxiety, marital distress. Parent-infant psychotherapy addressing significant relational disturbance.
- Consultation: To pediatric developmental therapists (OT, PT, SLP, MSW, MEd)
- Clinical Supervisor: Developed internship site in collaboration with Seattle Pacific University Supervise and train marriage and family therapists and social workers
- Eastside Feeding Team: Collaborative assessment, consultation, and family therapy treatment for infants and children with feeding disorders and failure to thrive
- Program development: Therapeutic groups for parents, grandparents, and siblings; Group therapy for couples (with James May, LMHC); Attachment focused program for children in foster care; feeding therapy programming; development of Family Services Department.

Youth Eastside Services, Psychotherapy Intern, 1991-1992

Provided psychotherapy for children, adolescents, and families, under supervising psychologist. Specialized training in play therapy, sand tray, and art therapy techniques. Weekly psychodynamic, family systems, and brief solution-focused consultation and supervision groups.

Eastside Mental Health, Volunteer Psychotherapist, 1990-1992

Provided psychotherapy for adult outpatient population, under supervising senior therapist and psychiatrist. 100 hours intensive training in DSM, trauma, and treatment for abuse survivors.

TEACHING, RESEARCH, PUBLICATIONS, and GRANTS,

Adjunct Professor, Department of Marriage and Family Therapy, Seattle Pacific University
2005 - Current

Clinical Practicum, for MFT graduate students, 3 credit
Parenting Issues in the Treatment of Families, 2 credit
Treatment of Abusive Systems, 3 credit

Adjunct Professor, Department of Child, Youth and Family Studies, Trinity Lutheran College
2005 - Current

Abnormal Psychology, 3 credits
Adolescent Development, 3 credits
Introduction to Counseling, 4 credits
Counseling Special Issues, 4 credit
Human Development, 4 credits (team teach)
Foundations of Youth, Family Ministry, 4 credits (team teach)

Training and Clinical Supervision to MFT students in Beijing and Shenyang, China, 2007

Training and Consultation to Vladivostok Early Intervention Center, Vladivostok, Russia, 2004
USAID grant supported multidisciplinary team to collaborate with child psychiatrists to establish the first early intervention center in Far East Russia

Guest Lecturer, University of Washington, Developmental Psychology, 1996 - 1999
Attachment and infant mental health

Guest Lecturer, Bellevue Community College, Early Childhood Education, 1993 – 1999
Family process when a child has disabilities

Childrens Hospital (Psychiatry), Research Assistant, Infant Development/Attachment, 1991-1992

Fathers' Grief when a Disabled Child Dies, Death Studies, Volume 25, Number 8, 2001
Numerous articles for WAMFT tri-annual publication, 1998-2006

Grant, King County DDD Discovery Trust, Couple therapy group, Unexpected Journey, 2001-04
Grant, from ARC of Washington, Qualitative study of fathers' bereavement, 1998-2000
Grant, from King County DDD for women's support group, 1999
Grant, from Northwest Children's Fund to develop infant mental health programming, 1998

AFFILIATIONS and SERVICE

American Association for Marriage and Family Therapy #70478

- Clinical member, 1997 - present
- AAMFT Approved Supervisor, 2000 - present
- Washington Division (WAMFT) President/President Elect, 2006-current

- WAMFT, Newsletter Editor, 2000- 2005
- AAMFT Abstract reviewer, 2002-2005, 2007
- WAMFT, Ethics Committee, 1998-99
- WAMFT, Volunteer of the Year Award, 2003, Editor's Choice Award, 2006

National Board of Certified Counselors #47798, 1995-2006

Washington State Licensed Mental Health Counselor #MH30003298

Washington State Licensed Marriage and Family Therapist

Cancer Lifeline, Volunteer Counselor, 1988-1991

SELECTED TRAINING PRESENTATIONS

2005-2006

When a Child Dies, WA State Fathers Network Annual Conference, October 2006

Parenting Plan Considerations when Children have Special Needs, AFCC, May 2005

2002-2004

Co-parenting Therapy: Uses and Abuses, King County Bar Family Law Section, October 2004

Relational Aspects of Feeding Disorders, CHDD/UW Annual Pediatric Nutritionists, 2004 - 2006

My World was Shattered: Emotional support for families with special needs, IECC 2004

Mothers: Moving the family forward, Washington State Fathers Conference, April 2004

The Unexpected Journey: Parenting a child with special needs, Workshop, IECC 2002 and 2003

2000-2001

When a Child Dies: Mothers and Fathers Grief Differences, IECC, 2001

We Could Write a Book...Mothers of Kids with Special Needs, IECC, 2001

Fathers' Grief when a Disabled Child Dies, Washington State Psychological Association, 2000

Mothers of Children with Special Needs, IECC, 2000

Group Therapy for Feeding Disorders, IECC, 2000

1998-1999

Parenting Plans for Children with Special Needs, WSBA Family Law Conference, 1999

Infant Mental Health, Oregon Early Head Start, 16 hrs, 1999

Working with Families, Region IX Early Head Start, 6 hrs 1999

Facilitating Early Childhood Emotional Development, Childhaven, 1999

The Working Alliance, Children's Home Society, 1999

Psychosocial issues in pediatric feeding disorders, CHDD, UW, 1999

Infant Mental Health, Catholic Community Services of King County, 6 hrs, 1999

A Relational Model of Care, Children's Hospital Neurodevelopmental Clinic, 1999

Windows for Intervention in Infant Mental Health, Compass Mental Health, 16 hours, 1999

Clinical Interventions in Infant Mental Health, UW School of Social Work, 6 hours, 1998

Children with Special Needs: Collaborative Family Therapy, AAMFT National Conference, 1998

When Children Grieve, WAEYC State Conference, 1998

Infant Mental Health, WAEYC State Conference, 1998

Sibling, grandparent and parent workshops. International Conference of 5p- Society, 1998

Mothers' Voices: Making Ourselves Heard. IECC State Conference, 1998

Emotional care for children with mending hearts, Children's Hospital, 1998

1995-1997

Grief as a family process, WSU Regional Parent Educators Conference, 1997

Family system issues when a child has special needs. DDD, King County, 1997

Assessment and treatment of maternal depression in early intervention setting, IECC 1997

Working with families when ADHD is a concern. Regional Head Start Conference, 1996

Integrating mental health services with early intervention, IECC State Conference, 1996

Surviving the loss of a child with special needs, IECC State Conference, 1996

Experiencing Loss without "Losing It", International SOFT (Trisomy Disorders) Conference, 1995

Numerous trainings presented on grief, family process, divorce, infant and child mental health at community agencies, state and county healthcare and education facilities.

SELECTED CONTINUING EDUCATION

2007

AAMFT: Couples therapy, Multicultural training, 12.5 CEU, 10/07

Ethics, Carl Greenberg, 4 CEU, 10/07

Possibility Therapy, Bill O'Hanlon, WAMFT, 6 CEU, 3/10/07

AAMFT Supervisor Update, Claudia Grauf-Graunds, 6 CEU, 2/07

2005-2006

AAMFT: Anxiety, High conflict families, Resilience, Medical family therapy, 21 CEU, 10/06

Spiritus Institute, Doug Anderson, Terry Steig, 10 CEU, 4/22/06

Forgiveness, Janice Abrams Spring, WAMFT Annual Conference, 7 CEU, 3/11/06

Infant Psychopathology I, II; Attachment Assessment and Intervention; Infant Mental Health, Center for Infant Mental Health, UW, Fall 2004, Winter 2005

2000-2004

The Crucible Approach to Marital Therapy, David Schnarch, WAMFT 12 CEU, 3/04

The Promise of Attachment Theory, Daniel Siegel, 12 CEU, 2/04

AAMFT: Neuroscience/emotional differentiation, Couples therapy, Adolescents 22 CEU, 10/03

Developmental and Behavioral Pediatrics, Childrens Hospital, 6 CEU, 3/03

AAMFT Approved Supervisor Update, W. McKleskey, C.Storm, S. Rabuat, 6 CEU, 3/03

Brain Development, D. Amen, MD, 6 CEU, 7/2002

Diagnostic Classification 0-3, UW Center on Infant Mental Health, 16 CEU, 6/02

Intentional Forgiving as Therapeutic Intervention, WAMFT, 1 CEU

The Self of the Therapist, Doug Anderson, PhD, PCS/WAPC, 6 CEU, 3/02

Children's Justice Conference: Disabled Children and Abuse, Impact of DV, 12 CEU, 3/02

Ethics in Family Therapy, Barbara Wilson, PhD, WAMFT, 6 CEU, 3/02

Humor and Therapy, L. Roloff, PhD, Jung Society, 6 CEU, 3/02

Growing Older, Dr. Singer, Jung Society, 6 CEU, 2/02

Guardian Ad Litem Registry Training, 24 hours, King County Bar Association, 2/02

Depression: Current Research and Treatment, Michael Yapko, 6 CEU

Parent Evaluation Training Program (PETP), UW, 20 hrs didactics, 40 hrs supervision 1/00-3/01

WAMFT 2000 State Conference: Systemic psychotherapy; Hellingers' psychoanalytic systems; approach; Energy psychology, 6 CEU, 2000

1995-2000

Mediation Training, Alhadeff Mediation Services, 15 CEU, 1999

AAMFT 1999 National Conference: High Conflict Divorced Families, 6 CEU; *Internal Family*

Systems, Adolescent Therapy, Supervision in MFT, Medical Family Therapy, 22 CEU

Co-AAMFT Supervision Course, 36 CEU, 1999-99

Child and Adolescent Neuropsychiatry: Critical Issues and Psychopharmacologic Update, Children's Hospital, 6 CEU, 12/98

Family Law Institute. Washington Bar Association, 6 hours, 12/98

Team Approach to Feeding Therapy, CHDD, UW, 5 CEU Annual conferences, 1996-2001

A Relational Construction of Sexuality, Muriel Dimen, Alliance for Psychoanalysis, 6 CEU, 12/98

AAMFT 1998 National Conference: Divorce/Custody Evaluation, Gender in Contextual Therapy, Illness and Loss, Grief, Adolescent Treatment, Depression and Intimacy. 22 CEU, 10/98

Intersubjectivity: A psychoanalytic approach, Robert Stolorow, PhD, 6 CEU, 7/98

WAMFT State Conference: Harriet Goldhor-Lerner on family therapy, 6 CEU, 5/98

Group Therapy for Feeding Disorders (ages 2-5). UW, CHDD, 8 CEU, 5/98

The Nature of Psychological Reality. Center for Object Relations, 20 CEU, 2/98

Child and Adolescent Neuropsychiatry: Critical Issues, Psychopharmacological Update - Children's Hospital, 7 CEU, 12/97

Bipolar Disorder in Women of Childbearing Age, UW Psychiatry Rounds, 1997
Parent-Infant Psychotherapy. Center for Object Relations, 6 CEU, 11/97
Integrating Spirituality and Counseling, Doug Anderson, Ph.D., WAMFT, 10/97
Narrative Therapy, Melissa and David Griffith, MD. Presbyterian Counseling, 6 CEU, 4/97
Object Relations Couples Therapy, David Scharrf, MD. WAMFT/Center for Object Relations 2/97
Infant Mental Health, Dr. Kathryn Barnard. Graduate Seminar UW, 30 hrs, 1/96-3/96
Domestic violence and children, King County Children's Mental Health, 12 hours, 4/96

1990-1995

Meetings of the Mind, Seattle Institute for Psychoanalysis/UW Psychiatry, 16 hours, 1995
Infant Psychotherapy Research: Implications for clinical practice, Daniel Stern, Ph.D. Seattle Institute for Psychoanalysis, 12 hrs. 7/95
Feeding team approach for serving children with special health care needs, UW, 18 hrs. 4/95
Children's Justice Conference: Attachment and multigenerational child abuse; Neurodevelopment and child abuse. 12 hrs. 4/95
Cognitive treatment of depression and anxiety, David Burns, MD. 14 hrs. 9/94
Working with difficult and unusual behaviors, Donna Dykstra
Assessment and treatment of aggression and depression in children, Speltz, McCauley, CHMC.
Advanced skills in mutual aid support groups, Larry Schulman, MSW. UW School of Social Work.
CSHCN State Conference: Children at risk, Families with special needs children, Cultural competency. 12 hours, 6/93
Infant and Early Childhood Conference 1993
Child Abuse Prevention and Intervention State Conference: Domestic violence and children, Counseling parents in early recovery, Conflict mediation. 12 hours, 1993
Psychosocial issues in families with medically fragile or disabled children. Children's Hospital
Understanding and managing the behavior of young children. Children's Hospital, 1993
Phenomenological psychology and psychotherapy, Jan Vandenberg, MD, 1993
Infant Emotional Development, Graduate Seminar UW Psych, 3 credits, W. Duncan, PhD, 1991
Child and Adolescent Psychopathology and Treatment, UW Psychology, 5 credits, 1991