

PATRICIA L. GIESELMAN, M.S., MFT

License No. 25498

DBT-Linehan Board of Certification, Certified Clinician™

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It's all about relationships. I work with individuals and businesses to meet their goals by helping them improve motivation, solve problems, adapt to change, increase emotional and behavioral management skills, and maintain effective and productive relationships.

Summary of Qualifications:

- Licensed Marriage & Family Therapist – 1990
- Training, Consultation
- Program Implementation
- Clinical Services and Supervision
- Clinical specialties in Dialectical Behavior Therapy - Outpatient, Residential
- Motivational Interviewing and other evidence-based practices
- Workshop and Conference Presenter

Skills/Talents/Accomplishments:

- Obtained certification as a DBT-Linehan Board of Certification, Certified Clinician™ June 2018
- Founder and CEO of a professional corporation in Sierra Madre California offering comprehensive DBT outpatient programs for adults and adolescents, psychotherapy, training, workshops, program consultation & clinical supervision (AAMFT Equivalent Clinical Supervisor).
- Provided extensive Motivational Interviewing training for providers of Los Angeles Department of Mental Health, including Transitional Age Youth providers and Probation Camps since 2011.
- Consultation to organizations seeking to implement evidence-based treatment programs such as Dialectical Behavior Therapy (DBT) and Motivational Interviewing adapted for specific populations. Extensive interest and experience with emotion regulation problems; persons with cognitive challenges, substance abuse; juvenile justice services, adolescent & family services, victim recovery.
- Served as Vice President of Clinical Services for a non-profit organization. Developed programs & contracts and administered mental health and substance use treatment programs for high risk, probation and DCFS referred, adolescent boys in residential care and children in foster care. Implemented DBT and DBT-SUD programs.
- Co-founder of non-profit 501(c)3 public benefit corporation specializing in the treatment of chemically dependent women and their families from 1991 to 1996.
- Continuing Education Provider for CAMFT, California Board of Nurses & California Psychological Assn.

Master of Science - Psychology

California State University, Los Angeles

1986

Bachelor of Arts - Psychology

California State University, Los Angeles

1983

President/CEO - Marriage & Family Therapist

Patricia Gieselman Marriage & Family Therapy, Inc. (dba: Choices Counseling & Skills Center) 10/2008 to present

Clinical: Individual, family and DBT Skills training groups. Population: adult, adolescent, family & couples. Issues: depression, anxiety, relationships, emotional regulation

problems, behavioral disorders; dual diagnosis substance abuse. Offer comprehensive Dialectical Behavior Therapy (DBT) programs for adults and adolescents (multi-family groups).

Administrator & Clinical Supervisor: Provide administrative, clinical supervision and training in Dialectical Behavior Therapy (DBT) to licensed clinicians & interns seeking to expand expertise in DBT; provide leadership to the DBT Consultation team.

Program Consultant & Trainer: Training & workshops; program, contract development and implementation, clinical consultation; staff development for organizations.

Program Director/Marriage & Family Therapist

1/1990 to 10/2008

Choices - A Counseling Center (private practice)

Clinical: Individual, family and group psychotherapy. Population: Multi-cultural, diverse socio-economic levels - volunteer and court mandated, adult male and female, adolescents, and children, physically challenged, developmentally delayed.

Administrative: Administer fiscal management; program development; proposal writing; consult with non-profit organizations to assess management efficiency and effectiveness.

Adjunct Instructor

6/2008 - 11/2011

Alliant University/CSPP Los Angeles and Irvine Campuses

Instruct courses for Master's level students in the Marriage & Family Therapy program. Classes taught include: Group Therapy; Interviewing Techniques; Clinical Trainee Field Placement Practicum.

Vice President - Clinical Services

10/2000 - 10/2008

Director of Clinical Services

3/1999 - 10/2000

Social Work Leader (Clinical Supervisor)

10/1996 - 3/1999

Lead Social Worker (Clinical Supervisor)

12/1994 - 10/1996

Ettie Lee Youth and Family Services

Clinical: Clinical/Admin supervision and program oversight for Therapists, Interns, MFT Trainees and Drug/Alcohol Treatment Counselors across group homes, foster homes and treatment programs; developed and implemented Dialectical Behavior Therapy Informed treatment program for multi-diagnosed adolescents in group homes; acted as Head of Service for all mental health, substance abuse programs and Foster Care.

Administrative: Implementation of treatment programs, including adolescent drug/alcohol treatment program funded through Drug/MediCal; mental health treatment contract and programs for group homes and foster home residents including a Therapeutic Behavioral Services program for children in Riverside and Los Angeles County; development of group care & foster care contract program statements, emergency Intervention plans and other policy and procedures manuals; development and implementation of an MFT Trainee Field placement program; primary facilitator for agency COA accreditation.

Training: Developer and coordinator for agency wide training; provided staff training, team coordination, curriculum development, ongoing evaluation of fidelity and outcome evaluation.

President

1/1991 to 12/1996

Transformations Family Services, Inc.

Clinical Supervision: Volunteered as Clinical Supervisor for Interns and Substance Abuse counselors.

Administrative: Co-founder of non-profit 501(c)3 public benefit corporation specializing in the treatment of chemically dependent women and their families; provided volunteer administration; proposal development; fundraising; quality assurance; program, curriculum and clinical records development.

Recent Workshops/Trainings Provided (partial list):

- 2018 *Reducing Therapy Interfering Behaviors* – SGV-CAMFT
- 2018 *DBT Skills in Schools* – Hart Unified School District
- 2017 *When Big Emotions are Driving the Bus* – Azusa Pacific University MFT Program
Clinical Supervisor Training
- 2016 – 2017 *Motivational Interviewing for College Success Programs* – United Friends of the Children (ongoing staff development and training)
- 2016 *Introduction and Applied Motivational Interviewing (3 day training)* – Clinical Training Choices Counseling & Skills Center
- 2016 *Motivational Interviewing and DBT Skills Toolbox for Labor & Delivery Nurses* – Choices Counseling & Skills Center
- 2016 *Overview of Dialectical Behavior Therapy* – Clinical Training - Choices Counseling & Skills Center
- 2015 *DBT Behavior Chain Analysis* – Clinical Training - Choices Counseling & Skills Center
- 2015 *Introduction and Applied Motivational Interviewing (3 day training)* – Clinical Training - Choices Counseling & Skills Center
- 2015 *DBT for Substance Use Disorders (Introduction) & DBT for Substance Use Disorders (Applied)* – Los Angeles County Dept. of Mental Health – Juvenile Justice Mental Health Program
- 2015 *Overview of Dialectical Behavior Therapy* – Hillside
- 2015 *Overview of DBT Skills* – Hillside
- 2015 *Overview of Dialectical Behavior Therapy* – Pennylane (5 two-day trainings)
- 2015 *Introduction to Motivational Interviewing* - Long Beach Child's Guidance Ctr.
- 2012 – present *DBT for Achievement in School* - ProjectGrad-Los Angeles
- 2011 - 2014 *Motivational Interviewing* – Los Angeles County Dept. of Mental Health – Introduction & Advanced Motivational Interviewing training (Multiple Contracts for the TAY and WET divisions)
- 2014 *Introduction to Motivational Interviewing* – Children's Institute International
- 2014 *Introduction to Motivational Interviewing* – ProjectGrad-Los Angeles
- 2014 *Introduction to DBT for staff of chronically mentally ill patients* - Sylmar Rehabilitation Center
- 2014 *Overview of DBT Skills - Residential Care staff (18 hrs.)* - Destinations to Recovery
- 2014 *Behavior Chain Analysis & Overview of DBT Skills* – Choices Counseling & Skills Center
- 2011-2012 *Introduction to DBT* - Optimum Performance Institute
- 2010-2012 *DBT adapted for Intellectually Disabled* - Hope House for the Multiply Disabled
- 2009-2011 *Foster Parent Training* - San Gabriel Consortium Foster/Kinship Care Education; Los Angeles County Dept of Education – Title 1 Services
- 2009 *Introduction to DBT* - Community Service Programs, Inc. – Crisis Residential
- 2009 *Introduction to DBT* - Child Abuse Prevention Center
- 2000 - 2014 *Ongoing DBT & DBT-SUD consultation & training for Group Home and Drug Treatment staff* - Ettie Lee Youth & Family Services

Invited Conference Presenter (partial list):

- 2016 Iceland DBT Conference, Reykjavik - *DBT – Overview and Adaptations*
- 2014 Children’s Institute – *Introduction to Motivational Interviewing*
- 2014 California Assn. of Marriage & Family Therapists (CAMFT) –Annual Conference
panel participant for *Lessons Learned: DBT in Private Practice*
- 2014 DBT Center of the South Bay – *Why DBT? & Introduction to DBT Skills*
- 2013 CAMFT – San Gabriel Association – *Overview of Dialectical Behavior Therapy
& A Quick Look at Targets & Treatment*
- 2013 Los Angeles County Dept. of Mental Health – Transitional Age Youth
Conference - *Introduction to Motivational Interviewing*
- 2012 Choices Counseling & Skills Center - *Why DBT? Targets & Treatment*
- 2011 Los Angeles County Dept. of Mental Health – Transitional Age Youth
Conference - *Introduction to Motivational Interviewing*
- 2006 Los Angeles County Dept. of Mental Health African American Mental Health
Conference - *DBT for Adolescents in Residential Care*
- 2006 Association of Behavioral and Cognitive Therapies Conference - Panel
Participant *Effectively Disseminating and Implementing Empirically-Supported
Therapies in the Real World: Applying Lessons Learned with DBT*
- 2005 Child Welfare League of America Presentation - *DBT for Adolescents in
Residential Care*
- 2000 Child Welfare League of America - *Clinical Treatment Pathways*
- 2000 Children’s Alliance Conference - *When Kids Think Drugs aren’t the Problem,
Adults Are!*
- 1996 CSC Conference - *User Friendly Treatment Teams*

Additional Professional Training Received (partial list)

- Prolonged Exposure with DBT, 4/3-6/17 Manning
- Advanced DBT Intensive, 3/15-18/2017 Manning, Comtois
- Advanced DBT Intensive, 3/2-5/2016 Koerner, Swenson
- MITI 4.2.1 Coding Training, 7/6-7/2016 Ernst, Wahab
- DBT Individual Supervision with Shari Manning, Ph.D. 9/2011 to present
- DBT Case Conceptualization 10/20-23/2014, Manning
- DBT Case Conceptualization Webinar 10/16/14 & 10/30/2014, Manning
- Motivational Interviewing Advanced Training, 2014 Miller and Moyers
- Practice Ground – DBT Track 2014, 2015, Koerner
- Advanced DBT Intensive, 3/24-28/2014 Koerner, Swenson
- Optimizing the Engine of DBT Individual Therapy, 10/17-18/2013, Dimeff
- Mindfulness Training 2012 Linehan
- Dialectical Behavior Therapy – Intensive Training 2002, 2010 & 2012 Fruzzetti
- Dialectical Behavior Therapy Advanced Intensive Training 2006, 2012 Linehan
- Motivational Interviewing – Intensive Training & Coding 2010 – 2012
- DBT for Substance Use Disorders Dimeff, 2005, 2012
- AAMFT Advanced Clinical Supervisor Training – 2011
- Clinical Supervision & California Law and Ethics (every 2 years to present)
- PTSD Training 2007
- AAMFT & CAMFT 30 hour Clinical Supervisor Training 2005
- CAMFT 30 hour Clinical Supervisor Training 2001