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### Certification/Licensure

**Marriage and Family Therapist Associate (#R7787)**  
**CADC III (#20-07-18)**  
**MAC – Master Addiction Counselor (NAADAC)**  
**QMHP (#19-QMHPC-00579)**

### Education

<b>New Center for Psychoanalysis</b> <i>West Los Angeles</i>	2006-2008
<b>Masters in Marriage and Family Counseling, Pacific Oaks College</b> <i>Pasadena, CA</i>	2006
<b>Year-Long Transpersonal Psychology Weekend Cohort, Pacifica Graduate Institute</b> <i>Carpinteria, CA</i>	2005-2006
<b>Bachelor's of Art in Human Development, Pacific Oaks College</b> <i>Pasadena, CA</i>	2002
<b>Certified Addiction Program (CADC II. #A8373205), Los Angeles Mission College</b> <i>Sylmar, CA</i>	1999

### Selected Professional Experience

<p><b>Therapist, Portland DBT Institute, Southern Oregon/Medford/Portland, OR</b></p> <ul style="list-style-type: none"> <li>• Keep a caseload of 20-28 clients, participate in a DBT Consultation Team and attend DBT trainings, as well as weekly supervision and audio tape reviews.</li> <li>• I work with clients who struggle with trauma, suicidal ideation, self-harm, and issues of substance use, eating disorders</li> </ul>	2022-Present
<p><b>Therapist, Addiction Recovery Center, Medford, OR</b></p> <ul style="list-style-type: none"> <li>• Kept a caseload of 48-50 and worked with clients in a residential treatment setting, outpatient treatment, and aftercare</li> <li>• Kept documentation up to date</li> <li>• Created curriculum for an ongoing wellness group, including 10 mindful weeks (a different practice every week for 10 weeks), psychospiritual work (through soul collage, worry boxes, and writing), body movement (Qi-Gong, Restorative Yoga, and Mindful Walking), healthy eating (including mindful eating of prepared soup, salads, breads, and smoothies)</li> <li>• Encouraged clients to report healthy habits over the week</li> <li>• This position was during COVID, and I worked remotely – the Wellness Group didn't get started, as the center was not meeting in person while I was there</li> </ul>	2020-2022
<p><b>Executive Director (Interim), Eastern Oregon Recovery Center, Pendleton, OR</b></p> <ul style="list-style-type: none"> <li>• Oversaw the daily well-being and operations of Eastern Oregon Recovery Center (EORC)</li> <li>• I initiated a name change from Eastern Oregon Alcohol Foundation to EORC</li> <li>• I created an evidence-based clinical program, including revamping admission criteria.</li> </ul>	2019-2020



- We moved from a corrections model of treatment to strength-based treatment, with creative opportunities (including organic permaculture farming, expressive arts, and an authentic meditation practice from state-based practices)
- I offered enhanced training for our counselors, and encouraged and offered training and certification with MHACBO
- We began offering discharge planning, medical detox, and transitional housing
- I restructured the previous program to include trauma-informed treatment, spirituality, evidence-based curriculum, and an overall atmosphere of positivity and transformation
- Over the 13 months that I was there, I was awarded six grants for this small non-profit organization, as well as designing outcome studies to track the metrics for agency effectiveness
- I wrote a Policies and Procedures Manual, directly adherent to OARs
- I increased the number of staff and focused on client and agency safety and integrity
- Since coming to EORC, I procured licensing for our medical detox, rather than a social-model detox, with increased reimbursement rates
- I laid the ground for a licensed day-care facility for our current clients and those who have moved into the transitional phase of treatment (this was scheduled to be accomplished when the restrictions of COVID-19 had passed)
- Another area of my focus was building community-partner relationships and helping to provide community awareness about substance use disorder and the necessity of treatment and recovery

2017-2019

**InLight Collectice, The Brain Center, Eugene, OR**

- Owned and operated a practice including Neurofeedback, Biofeedback, and Cognitive Brain Training, as well as coaching, pastoral counseling, and classes for the evolving brain, body, mind, and spirit
- Primarily focused on chronic pain, trauma, anxiety, and depression
- The office is closed now; however, I have consulted with one agency, offering Neurofeedback and taking thorough Neurofeedback assessments for them, reporting to the Licensed Psychologist

2019

**Columbia Care, The Beckett Center, Medford, OR**

- QMHP in charge of supervising 10 staff
- Filling in when short of staff
- Working with clients in crisis, as a diversion from the local hospital psychiatric units
- Training staff in Columbia Care Proficiency trainings, including: Harm Reduction, Working with Delusions, Trauma-Informed Care, & Team Building
- Left June 13, 2019, as I couldn't physically keep a schedule of 60-75 hours per week

**Complex Trauma Therapist, Options Family Counseling, Eugene, OR**

2014-2017

- Utilized Neurofeedback, Affect-Regulation Tools, and evidence-based treatments for anxiety and depression
- I assisted clients in recovering from PTSD and complex trauma
- I worked with available strategies to help clients learn to self-regulate
- I took assessments, met clients where they were at, and provided a safe space for them to begin the healing process

**Owner Operator, Brain and Being**

2012-2014

- Worked with owner and management of existing treatment centers to redesign programming to include Neurofeedback and Applied Neuroscience



- Assisted in training staff & supervising over time, after Neurofeedback was implemented
- Also consulted on space management
- Contracted out to various treatment centers for the implementation of specialty groups: Meditation (Taught 12 week-long classes with a different form of meditation each week), Spiritual Book Club, Expressive Arts – Mask Making, Art to represent where we've been and art to represent where we're going, Cooking, Jungian Guided Imagery, Integrated Emergence Breath-work, Family Workshops, Family of Origin Workshops, and Psychodrama

**Director of the Soberway Home Brain Center (Psychotherapist from 2010-2011), Soberway Home, Prescott, AZ**

2010-2013

- Built and developed the ASWH Brain Center (The largest of its kind in the country) Based on the UCLA Research project of 2005
- Hired and trained staff to both understand and competently administer Neurofeedback protocols to 72 clients each week
- Took initial assessments for each client upon entering the program
- As a therapist, I kept a caseload of up to 12 clients
- Held 4 primary process groups each week
- Facilitated 2 experiential groups each week (1 of which was expressive arts)
- Co-facilitated Family Workshops once a month

**Primary Therapist/Trauma and EEG, Mirasol Center for Eating Disorders, Tucson, AZ**

2010

- Treated a caseload of up to 10 clients who had eating disorders, trauma, and co-occurring disorders
- Ran a daily process group
- Facilitated Psychodrama Groups
- Co-facilitated Family Week, Reflections, and empty chair work
- Facilitated 2 experiential groups each week
- Contacted insurance companies for utilization reviews and work for treatment coverage in peer to peer reviews
- Kept referents and families informed of treatment progress
- Designed individual treatment plans for each client
- Documented all treatment modalities and attend weekly staffing to make sure the team was working together in an integrative way toward the overall healing of the individual
- Coordinated with Clients and outside therapists to create individual aftercare plans
- Hosted Marketing Weekends to demonstrate Neurofeedback and Applied Neuroscience to Potential Referents
- Closed the facility unexpectedly

**Primary Therapist/Family Therapist/Neurofeedback Coordinator, Promises Addiction Treatment Center, Malibu, CA**

2009-2010

- Kept a caseload of up to 16 patients and their families
- Saw patients individually 3 X per week
- Hosted Family Weekend Workshops, as well as holding couples and family sessions
- Facilitated Integrated Emergence Breath-work Sessions with individual clients (based on Stanislav Groff's work)
- Assessed for Neurofeedback Protocols and Treatment
- Utilized Psychospiritual modalities to assist clients in grounding and present-moment mindfulness



- Took clients through Jungian Guided Imagery Journeys in order to help them connect with who they truly are and what they really want, after treatment
- Developed Treatment Plans
- Took extensive biopsychosocials
- Ran various treatment related groups, including Mandalas and Poets of the Soul
- Consulted on EEG Biofeedback programming and treatment at the West Los Angeles facility
- Participated in coordination with outside treatment professionals and referrals, as well as working closely with Dr. Andrew Yellen, Neuro-Psychologist toward comprehensive treatment of clients who had processing difficulties
- Creatively helped patients develop a transitional plan that will support ongoing recovery
- Supported patients in exploring their spiritual lives with open receptive minds
- Participated in the weekly case conferences and the daily treatment team meetings
- Kept meticulous records through charting and communication logs, as well as collecting data for a case study for Doctoral Dissertation

**Director of Applied Neuroscience and Psychospiritual Wellness Program, Primary Therapist, Dual Diagnosis Treatment Facility, TouchStone Treatment Center, Sherman Oaks, CA**

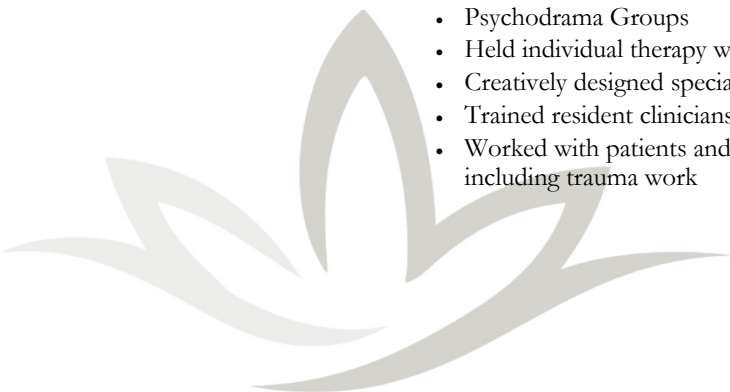
2009

- Researched and organized EEG Neurofeedback Dept., including Brain Paint, P-Roshi System, Somatron Mat, Posit Science – Brain Fitness Program, Alpha Stimulator, Light & Sound Wave Stimulation, and Hemisync Audio Programs to transform conscious experience; implemented scheduling, staff training, and assessments for all clients entering treatment. *All of this to rehabilitate our clients' brains and to teach them to meditate before leaving treatment.* Collected data for Doctoral Dissertation
- Kept a caseload of 6-8, and saw each client 2 hours per day for primary process groups, and individually for psychotherapy, once or twice per week
- Saw all clients in the facility (up to 25) each week and for initial assessments
- Participated in Treatment team meetings and reorganizational planning meetings
- Took clients through psychospiritual exercises, including the labyrinth, mindfulness meditation techniques, sand tray work, breath-work for growth, and exploring the roots to the soul through Mandalas, as well as Psychodrama
- Interacted closely with parents, referents, and treatment professionals for the holistic treatment of clients

**Eating Disorder Hospital (Four Month Trauma Training Program), Rosewood Ranch, Wickenburg, AZ**

2008-2009

- Saw all of the clients in the facility
- Conducted intensive trauma assessments
- Psychodrama Groups
- Held individual therapy with patients
- Creatively designed specialty groups to focus on trauma
- Trained resident clinicians in treating trauma
- Worked with patients and their families for family of origin work, including trauma work



**Therapist, Psychodynamic Psychotherapy, In a Private Practice Setting (part of internship), Valley Community Clinic, North Hollywood, CA** 2007-2008

- Saw Patients individually for once or twice weekly sessions in a psychodynamic model
- Attended to intakes/assessments and regular charting
- Facilitated Anger Mgmt. Groups, once weekly
- Had supervision by Psychoanalysts and participated in intensive weekly case conferences, while training at the New Center for Psychoanalysis

**Addictions Specialist – Spiritual Counselor, Moonview Sanctuary, Santa Monica, CA** 2006-2008

- Contracted to individually treat clients with issues of addiction, eating disorders and spiritual malaise: Meditation, Poets fo Soul/writing technique, Soul Retrieval/recovery style, Emergence Breath-work for healing addiction, Soul Collage, Jungian Guided Imagery (based on Marielle Fuller’s work, over a 6-week period)

**Adjunct Professor, Psychology/Development Communications Department, Substitute Instructor and Program Assistant (Learning Center), Los Angeles Mission College, Sylmar, CA** 1999-2008

- Designed curriculum and develop a comprehensive blueprint for learning about the field of psychology and developmental processes (Introduction to Psychology, Abnormal Psychology, Social Psychology)
- Taught 1 or 2 classes each week, including critical information regarding neurobiology, research psychology, major theories, and major theorists
- Scheduled private appointments with students requiring extra attention (ESL, special needs students, and disabled students)
- Evaluated and assess student performance and overall course achievement
- Designed learning material to aid students in their academic performance
- Held workshops covering a variety of reading and writing-related topics
- Supported director in meeting program and specific grant goals
- Assisted Harlan Goldberg in co-teaching three of his Humanities classes
- Substitute taught in the absence of Developmental Communications professors

**Addictions Specialist, Group Facilitator, Renaissance Malibu, Malibu, CA** 2007-2008

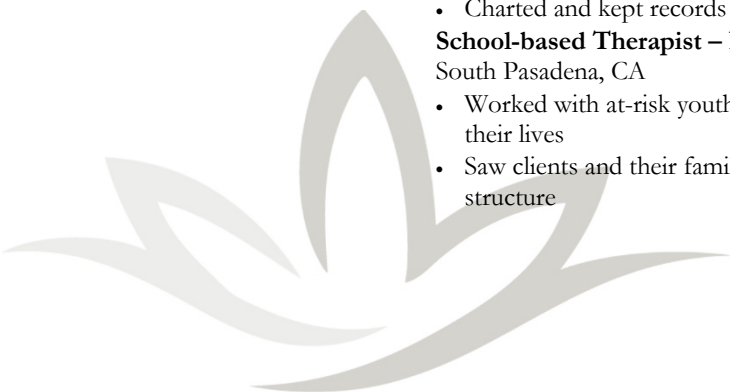
- Facilitated 5 weekly process and specialty groups in a high-end treatment facility
- Co-facilitated family of origin weekends
- Maintained a caseload and see patients individually (2x per week)
- Designed Individual Treatment Plans
- Kept records of patient progress, charting
- Encouraged spiritual exploration among clients

**Eating Disorder Counselor – Addictions Model of Treatment, Pacific Shores Hospital for Eating Disorders, Oxnard, CA** 2006-2008

- Facilitated weekly multifamily groups on Sundays
- Facilitated Family of Origin Work for family weekends
- Saw patients individually
- Charted and kept records of individual patient progress

**School-based Therapist – Paid Internship, Almansor Clinical Services, South Pasadena, CA** 2005-2006

- Worked with at-risk youth helping them to find meaning and context in their lives
- Saw clients and their families, helping each to find voices, limits, and structure



- Kept meticulous track of DMH paperwork
- Worked closely with educational professionals and case managers to aide in treatment of clients
- Thought and acted outside of the box to creatively serve my clients using experiential post-modern theory

**C.A.D.C. II. Counselor, MFT Candidate, Milestones Ranch, Malibu, CA**

2004-2005

- Facilitated morning and evening process groups
- Taught The Course of Miracles in weekly experiential group
- Led daily meditation circle (with an emphasis on breath and presence)
- Guided grief groups with a focus on sacred ritual and honor
- Directed psycho-educational groups (including anger mgmt., relapse prevention, family exploration, and motion pictures in their relationship to trauma and recovery (Movie Yoga)
- Psychodrama Groups
- Brought drums, talking stick, and heart to Group Council/drum circle once a week
- Facilitated Sand tray workshops
- Beach Outings (connecting to the earth, letting go of guilt, building something new)
- Creating Altars – a group practice for spiritual growth and moving through grief
- Saw individual clients three times per week and arranged family sessions
- Assisted with inquiries, intakes, and assessments

**Recovery Specialist and Group Facilitator (Lateral move to Milestones Ranch w/Director Terry Egan), Bridges to Recovery, Pacific Palisades, CA**

2003-2004

- Facilitated solutions groups in the mornings
- Ran a DBT-based group in the afternoons, 5 days a week
- Facilitated an active process group each day
- Taught chemical dependency and psycho-educational groups
- Individually counseled clients with chemical dependency backgrounds
- Guided residents on exploratory hikes
- Led clients in guided meditations with an emphasis on “being in the now”
- Encouraged and supported active 12-step recovery involvement

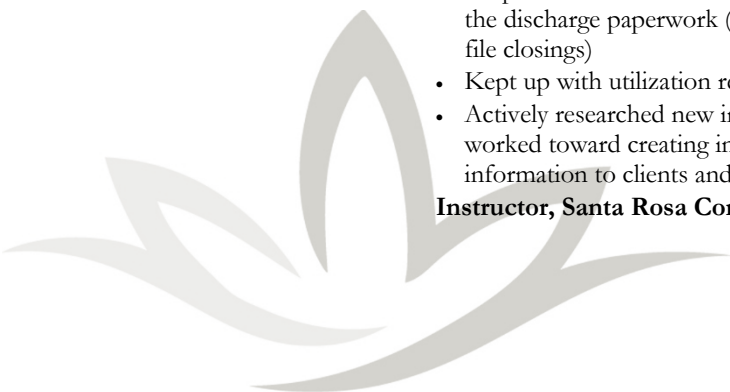
**Chemical Dependency Counselor, Genesis Programs Inc., Stevenson Ranch, CA**

2003-2004

- Caseload of up to 25 people
- Administered screenings, Assessments and intakes
- Facilitated 3-part daily focus groups Check-in – Education/Exercise – process
- Facilitated weekly family groups in the Santa Clarita office, which included psychodrama, communication classes, meditation, and process groups
- Took bio-psycho-social histories, and synthesized the information into consolidated assessments
- Developed appropriate treatment plans
- Helped clients to achieve successful discharge planning while completing the discharge paperwork (discharge summaries, program completions, and file closings)
- Kept up with utilization review (keeping clients in treatment longer)
- Actively researched new information affecting the field of addiction and worked toward creating innovative methods of imparting and integrating information to clients and their families

**Instructor, Santa Rosa Convent, San Fernando, CA**

2002-2004



- Taught an English bridge class for the Franciscan Sisters and Santa Rosa de Lima. The sisters were bilingual and needed additional instruction and understanding regarding English grammar, Reading Techniques, Vocabulary, Idiom, and Dictionary Usage
- Restructured and Revamped curriculum for the school at Santa Rosa de Lima

**Direct Outreach with the Homeless, Union Rescue Mission,**  
Downtown Los Angeles, CA

1989-2002

- Brought an Alcoholics Anonymous Meeting to the Union Rescue Mission on Thursday nights
- Collected clothing, toiletries, and money to fill bags with inspirational reading material, stamped envelopes, paper, pens, new socks, underwear, toilet paper, Kleenex, cold medicine, aspirin, soap, shampoo, a protein bar or two, and a bottle of water
- Brought lists of outreach programs, rehabilitation centers, and food programs available for the people on the street
- Gathered and brought food for one hundred people on skid row once a month

**Tehachapi State Prison, Lancaster State Prison, California State Prison System**

1988-2002

- I took groups into each of these prisons to talk to the inmates about chemical dependency and the necessary treatment for addiction
- I organized the outside guests and worked with the prison liaisons in order to make this happen several times a year

**Chemical Dependency Counselor, Safety Education Center, Reseda, CA**

1999-2001

- Individually counseled clients
- Revamped the Alcohol Education Program including lecture material on “Alcoholism and the Family,” “The History of Alcoholism and Drug Addiction in the United States,” “Alcoholism and the Brain/Blackouts and Unpredictable Behavior.”
- Facilitated 2-hour group-counseling sessions (5 times per week)
- Kept meticulous records, participated in agency filing and data input, corresponded with the courts and probation department regarding follow-up progress reports

**Chemical Dependency Technician, Promises, Malibu, CA**

1999

- Provided treatment assistance to therapists and psychiatrists in a residential treatment facility within a social milieu setting
- Facilitated the weekday morning group
- Assisted the population (which was highly privileged and, for the most part, dually diagnosed) in daily living activities
- Was responsible for carrying out the treatment plan as prescribed, supervision of clients, redirecting behavior, reinforcing coping skills, as well as comprehensive charting

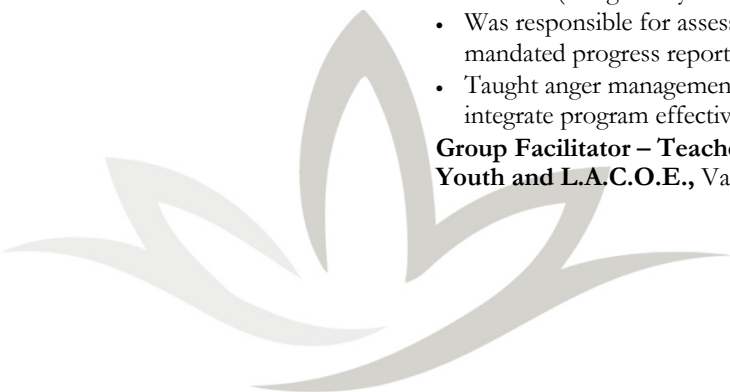
**Group Facilitator – part of internship, Anderson and Anderson, Domestic Violence Solutions, Lawndale, CA**

1999

- Ran a focused group of court-ordered men convicted of domestic violence (using A Ray of Hope by George Anderson)
- Was responsible for assessment interviews, referrals, charting, and court mandated progress reports
- Taught anger management skills through family systems theory in order to integrate program effectiveness

**Group Facilitator – Teacher – Part of internship, New Directions for Youth and L.A.C.O.E., Van Nuys, CA**

1998



- Interned with at-risk youth and pregnant minors at (LACOE) an innovative school and counseling program
- Facilitated chemical dependency discussion groups
- Structured English, History, and Social Science tutoring/learning groups
- Led the youth in creating and painting a large wall mural with wide-ranging themes
- Taught two art classes twice a week each, based on the SARK books

## Community Activities

- In May of 2006, I created a program and joined with S.T.E.P.S. (Striving Toward Educational and Personal Success) to bring together a diverse group of “at-risk” youth and a diverse group of therapists, teachers, and probation officers, to act as mentors to these young people. We began a community of safety and respect, and raised enough money to offer 18 college scholarships to these young people, many of whom are still thriving.
- In December of 2001, I organized an ecumenical, candlelight prayer vigil and peace rally at the Federal Building in Westwood. The purpose of this event was to bring people of many races and religions together in prayer for world peace, after the devastating events of September 11, that same year. We had musicians, poets, speakers, and religious leaders speaking and performing at the event, as well as hundreds of participants gathered for peace. I coined the name People in favor of Peace, for the purpose of the rally.
- In 1991 and 1992, I worked with a citizens’ committee supporting both the Christopher Commission and the passing of Charter Amendment F. As a group, we worked for the resignation of Chief Daryl Gates and a complete reformation of the Los Angeles Police Department.

## Publications

From Rehab to Recovery: the Truth about Getting Clean and Staying Clean in Spire of Ourselves – 2013

“El Silencio” The Silence of First and Second Generation Latinas Who Live with Traumatic Depression – 2006

## Summary of Qualifications

- Outstanding communication skills – able to convey thoughts with clarity – able to connect with people of all levels and from diverse backgrounds
- Creative and innovative abilities for enhancing programming and treatment
- Proven organizational skills – excellent leadership abilities
- Ability to work productively in high-pressure environments
- Talented Teacher, Trainer, and Facilitator
- Disciplined at ensuring accurate record keeping, charting, and documentation
- Portrays professional image of self and employer
- Gifted at identifying underlying conflicts





## Training

- DBT Foundational Training – PDBTI, 40 CEUs, 2023
- Working Well with the Suicidal Patient: Ethics, Boundaries of Competence, Avoiding Harm, and Risk Management – Andrew White, PhD, ABPP, 6 CEUs, 2023
- Addressing Judgmentalness: What to do When our Clients and Colleagues bring out the Worst in Us – 1 CEU, 2023
- DBT Principles for Parents, Couples, and Families – Alan Fruzzetti, PhD, 36 CEUs
- Optimising the Engine of DBT Individual Therapy – 12 CEUs, 2023
- Mastering Trauma NICABM – 12 CEUs, 2022
- NAADAC Ethics Training – 24 CEUs over 6 weeks, 2022
- Navigating Psychedelics Today – 24 CEUs, 2021
- Transforming Anxiety and Stress Weekly – Dr. Dan Siegel, Mindsight Institute, Four-month program March 2021-June 2021
- 6-part series of Healing the Healer and the Power of Connection – Gabor Mate, 2020
- Somatic Experiencing – Peter Levine, Somatic Trauma Treatment, 2019
- ASIST Training – Applied Suicide Intervention Skills Training
- NICABM Training on Trauma with Bessel van der Kolk, Pat Ogden, Peter Levine, and Ruth Bucznski – 2019
- Trauma Insight Series – Bessel van der Kolk and Frank Putnam – 2018
- HeartMath – HRV – EmWave ProPlus Coherence Training – 2017
- Practicing Mindsight – Daniel Siegel, 2016
- New Frontiers in Trauma Treatment – Bessel van der Kolk, Portland, 2015
- Approaches of Tx of Trauma: The Shift from Cognition to Affect Regulation – van der Kolk, Stark, Schore, Ogden, Porges, Siegel, Shapiro, UCLA
- Integration of Neuroscience, Attachment Theory and Affect Regulation – Schore, Siegel, Pinsky, Christopher Kennedy Lawford, Sir Richard Bowlby, UCLA, 2014
- Mindfulness in Psychotherapy – Thich Nhat Hanh, Salsburg, Kornfield, Siegel, Solomon, UCLA, 2012
- Healing Moments in Trauma Treatment – Shapiro, Siegel, Solomon, Jon Kabat Zinn, Ogden, UCLA, 2011
- EMDR/Somatic Experiencing – Ryokan College 2010
- EEG Spectrum, Neurofeedback Certification Program – Certified in January 2010
- Spiritual Emergency – Dr. Stanislav Grof
- Adult Attachment Conference – Mary Main, Siegel, Fonagy, Steele, Sroufe, UCLA
- Roots of Greed & Violence: Psychospiritual Perspectives/Music and Transcendence – Dr. Stanislav Grof
- The Healing Power of Emotion – Fosha, Gottaman, Hughes, Johnson, Ogden, Siegel, Panksepp, Porges – UCLA
- P.A.L.M. – How “Brain Chemistry” Causes Abuse, Addiction, and Recovery – Dr. Joseph Porsch
- In Harm’s Way: Preventing and Healing Childhood Trauma – The Children’s Institute – Father Greg Boyle, Daniel Siegel, and Eliana Gil
- Bridging the Art of Science of Trauma Treatment: Neuroimaging, Dissociation, and Sensorimotor Psychotherapy – Ogden, Lanius, Siegel, and van der Hart, UCLA



- How Psychodynamic Psychotherapies Change the Mind & the Brain – Brazelton, Siegel, Solomon, Schore, Morgan, Stern, UCLA
- Lighthouse Trauma Training Center, 2002 and 2004
- Marital Therapy: A Research-Based Approach – John Gottman, 2004
- Theory & Practice of Growth – Dr. Joan Borvsenko and Dr. Janis Abrahms, 2004
- Relationships & Recovery – Rokelle Lerner, 2003
- Dialectical Behavior Therapy Training – Dr. Sheila Solar, 2003
- Controversial Addiction Treatment Issues – Dr. Garret O’Connor & Dr. Nancy Waite-O’Brien
- Twelve Steps for Professionals – Keith Lewis, 2003, Promises
- Treating PTSD & Social Trauma – Dr. James Crossen, 2003
- Psychodrama – Dr. Tian Dayton, 2003, Sierra Tuscon
- “Carefronting” An Intervention Approach – Pat Moomy, 2002
- Passages in Recovery – Hazelden, Betty Ford, & Caron Foundation, 2001
- California Council on Problem Gambling – Certification, 2002
- Women Healing: Restoring Connection – Hazelden, Betty Ford, & Caron Foundation, 2000
- Addictive Relationships & Sexual Addiction in Recovery – Dr. Crossen, 2000
- Anderson and Anderson, Psychological Services, 1999 – 40 hours of Training for Batterers

