

**Jamie Brennan is a Licensed Professional Counselor holding a Master's Degree in Counseling Psychology from the University of Colorado at Denver. Her 15 plus years of experience as a therapist including life coaching more recently, spans facilitating healing and growth for individuals, couples and teams, and working in various environments such as private practice, county mental health and national service. Jamie is passionate about working with people who want to heal and grow. She specializes in trauma healing and growth in the following areas: relationships, midlife and life transitions, grief and loss, depression & anxiety, adult ADD and career development. She integrates trauma based healing approaches with a post traumatic growth and resiliency orientation: "We realize our dreams and true nature because of, not in spite of, our pain". Some of the core approaches she uses include: Hakomi (body-centered/mindfulness approach), EMDR, parts work, somatic release, attachment theory, SoulCollage, the psycho-spiritual healing and growth opportunities of the Enneagram and the potent change benefits of life coaching.**

#### Education

**Master of Arts in Counseling Psychology - 2002**

University of Colorado at Denver

**Bachelor of Arts in Cultural Anthropology – 1992**

Humboldt State University, Arcata, California

#### License

DORA Licensure: Licensed Professional Counselor - #4863, Licensed since 2007

#### **CONTINUING PROFESSIONAL DEVELOPMENT – Key Trainings**

- The Enneagram of Essence: Embodying the Sacred Through Your Gifts, Shadows & Relationships – Currently
- Online Hakomi Summit workshops – 5 sessions – October 2016
- Internal Attachment and Somatic Resolution Training – 8 month training – 2016/2017
- Mind, Energy, Body Institute - workshop, online coaching, three individual sessions - 2016
- Colorado Counseling Association Conference – 2015
- Mental Health First Aid – Instructor Certificate – October 2014
- Hendricks: Conscious Living & Loving Coach Approach, 10 months – 2014
- Growing Up Gender Workshop – January 14, 2014
- EMDR – Level I & II, Julie Green - Awake Mind, Boulder Colorado, 2013
- Seven Mindfulness Habits of Highly Effective Brains, Jonathan Jordan, Health Education Network, 2011
- Managing Suicidal Risk in Clinical Practice, Dr. David Jobes, Ph.D., 2011
- Integrative Medicine for Mental Health Conference, Sedona Arizona, 2011
- Meyers Briggs Certification Level I, CAPT Training, 2010
- Restorative Justice, Restorative Solutions – Community Group Conference training, 2009
- Hakomi Method, Boulder Hakomi Institute, 360 hours over two year period, 2007 – 2009
- Yoga – Psychotherapy and Mindfulness for Clinicians, Judith Moolten, 2007
- DBT: Dialectical Behavioral Therapy For Borderline Personality Disorder, Odyssey Training Center, 2006

- Creating an Inclusive Environment: Inclusion of People with Disabilities in National Service, 2005
- Understanding the Anti-Social Personality, Stanton Samenow, 2004
- Corrective Attachment Therapy Across the Lifecycle, Evergreen Consultants, 2002
- Borderline Personality Disorder: Trauma and Co-morbidity, Colin A. Ross, M.D., 2002
- Caregiving and Loss, Bereavement Teleconference, Hospice of America, 2001
- Introduction to Jungian Thought, Denver Jungian Society, 6 classes, 2000
- Understanding Mental Illness, Colorado Mental Health Institute at Fort Logan, 2000
- Narrative Therapy: Re-Authoring Our Lives, Michael White, 2000

### **Work & Volunteer Experience**

Psychotherapist & Life Coach – Private Practice: 6/2016 – Present

Psychotherapist - AllHealth Network: 1/2017 - Present

Campus Counselor/Psychotherapist - AmeriCorps National Civilian Community Corps: 3/2003 – 7/2016

Psychotherapist – Private Practice: 6/2002 – 3/2003

Mental Health Worker - Hospital Shared Services: 2/2002 – 3/2003

Counselor Intern - Colorado AIDS Project: 9/2001 -5/2002

Expressive Arts Facilitator/Teacher – ArtReach: Summers 2000 – 2002

Career Counselor - Colorado Institute of Art: 1997