

SABRINA S. SANTA CLARA, MA, R-DMT, RYT, RMT

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THEORETICAL ORIENTATION & OBJECTIVES

I am a registered, unlicensed psychotherapist operating from integrative, humanistic, social-constructivist framework. I believe that while the therapist has specialized skill, no therapist can be an expert on another person's experience. I incorporate a variety of body-centered and mindfulness techniques to assist the client in her or his journey towards healing and wholeness.

SKILLS & EXPERIENCE

COUNSELING & THERAPEUTIC INTERVENTIONS

Private Practice

- Four years counseling experience utilizing Hakomi, Internal Family Systems, Eastern spiritual practices and a variety of body-centered psychotherapeutic techniques.
- Ability to create structured and safe environments within a framework of compassion and nonpathology.
- Six years experience teaching yoga, meditation and stress-reduction techniques with individuals and groups of varying ages.
- Fifteen years massage therapy experience with an emphasis on somatoemotional processes.

Nonprofit Organizations

- Currently working as a Bilingual Outpatient Therapist at Community Reach Center in Commerce City.
- Successfully completed a 6-month internship at Center for Change working with clients remanded by the court systems for drug, alcohol, theft, domestic and nondomestic violence. Conducted both group therapy and individual sessions in a primarily CBT, MI and body-centered framework.
- Intern at Access Counseling Family Team for one year working with families, couples and children with a wide variety of issues and diagnoses. Successfully negotiated grant from Walmart.
- Individual sessions with Colorado inmates to support growth, resource and support seeking skills, nonviolent communication, and recidivism prevention. Group training in Alternatives to Violence.
- Movement therapies with middle school and high school students to increase confidence, body awareness and creative expression. Mentored teenage girls in deconstructing media induced body image and trained them to educate other students via class presentations.
- Shelter intake, counseling and crisis management for survivors of domestic violence and their children.
- Worked with remanded inpatient adolescent girls addressing such issues as substance abuse, anger management, sexual promiscuity, sexual orientation, eating disorders, and other mental health issues.

Human Resources

- Performance evaluation and counseling of management and nonmanagement personnel.
- Counseled employees on personal issues that interfered with work requirements and referred to outside counselors as necessary.

COMMUNICATION & CONFLICT RESOLUTION

- Specialized training in conflict resolution from San Francisco State University, Domestic Abuse Intervention Services, and New Foundations Nonviolence Center.
- Successfully managed conflict resolution in a wide variety of human resources environments including corporate, nonprofit and cooperative organizations; union and nonunion employees; mental health treatment center; and H.I.V. treatment center.
- Led workshops in teambuilding, cultural integration, effective communication and confrontation skills, and conflict resolution for both employees and managers.

MANAGEMENT & SUPERVISION

- Over fifteen years of combined management experience in human resources, massage therapy, yoga, somatic therapy, and operations.
- Fifteen years experience of management and supervision ranging from 1 to 250 employees, including management personnel.
- Expertise in organizational development including policies, practices, mission statements, and goal-setting and evaluation.
- Highly skilled in creating effective change in organizations.

MOVEMENT TRAINING & EXPERIENCE

- Dance/Movement Therapy, Yoga (Anusara, Ashtanga, Vinyasa), and Tai Chi
- Bartenieff Fundamentals, Laban Movement Analysis, Kestenberg Movement Profile
- Dance: Tap, Sufi, Jazz, African, Modern, Contact Improv, Butoh, Country Western, Authentic Movement, Middle Eastern, Ballroom, Gabrielle Roth's Five Rhythms, Natya Bharatanatyam (Indian Classical Dance), Latin Dance (Salsa, Merenge, Cha-cha, Mambo)

WORK & VOLUNTEER HISTORY

Volunteer: Restorative Justice	2010
Self-Employed: Psychotherapy & Massage Therapy	2007-present
Volunteer-Nonviolence Educator: New Foundations Nonviolence Center	2007-present
Intern-Therapist & Contracted Therapist: Center For Change	2009
Intern Therapist: Access Counseling, Family Team (Boulder & Louisville)	2008-2009
Fieldwork-Youth Mentor: Boulder Youth Body Alliance	2007-2008
Fieldwork-Inmate Mentor: New Foundations Nonviolence Center	2007-2008
Fieldwork-Youth Dance Mentor: Turning the Wheel Productions	2007
Massage & Somatic Therapist: The Healing Journey (self-employed)	2001-2007
Client Advocate: Domestic Abuse Intervention Services	2004-2005
Youth Counselor: Lutheran Social Services	2001-2002
Human Resources Director: North Farm Cooperative	2000-2001
Human Resources Director/Project Manager: Shaman Botanicals	1999-2000
Human Resources Manager: Hotel Sofitel	1998-1999
Human Resources Manager/Massage Director: Immune Enhancement Project	1997-1998
Massage Therapist: Somatic Integration & Order (self-employed)	1991-2000
Operations Supervisor: Judicial Arbitration & Mediation	1989-1991

EDUCATION

Somatic Counseling Psychology: Naropa University	2009
Internal Family Systems Therapy: Therapist Training	2005
B.A., Sociology, Summa cum Laude: San Francisco State University	1998
Spanish (A.A. Equivalent): San Diego Community College	1994

Additional workshops taken in Alternatives to Violence, couples therapy, domestic violence, the Enneagram, Hakomi, Hellinger Family Constellations, incest, Motivational Interviewing, Posttraumatic Stress Disorder, sandplay therapy, social intelligence, substance abuse, suicide prevention, youth gangs, and a variety of body-centered therapies.

LANGUAGES: English (Expert) & Spanish (Intermediate)
