

Mena K. Zaminsky, MA, MFT, CATC
Psychotherapist/Expressive Arts Therapist
Marriage Family Therapist, MFC #41265
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PROFILE HIGHLIGHTS

- Twelve years clinical experience, including private practice, clinical supervision, outpatient and residential facilities, street-based therapy with the homeless, community based organizations and psychiatric facilities.
- Providing Psychotherapy and Clinical Supervision integrating Psychodynamic, Jungian, Expressive Arts Therapy, Sensorimotor and Psycho-Physical Psychotherapy, Cognitive and Dialectic Behavioral Therapies.
- Nine years as a college instructor, teaching counseling classes.
- Lifetime pursuing all things creative – songwriting, poetry, ceramic art, cooking and mixed media and bring this collective experience to my work as a Psychotherapist and Expressive Arts Therapist.

GUEST PRESENTATIONS

- Trauma and Addictions, Harm Reduction, Transference & Counter-Transference, Mandatory Reporting, Crisis De-escalation, Relapse Signatures, Walden House, San Francisco, CA 2006 – 2008.
- Multiple Diagnosis Guest Presenter for Bay Area Addiction Research & Treatment, Inc. (BAART), 2005
- Expressive Arts Therapy in the Treatment of Addictions – Volunteer Legal Services Program (VLSP) of the Bar Association of San Francisco, 2005
- Expressive Arts Therapy in the Treatment of Addictions – Napa State Hospital, Napa, CA 1999 & 2004
- Expressive Arts Therapy in the Treatment of Addictions – Sunset Mental Health Clinic, San Francisco, CA 2004
- Suicide Anxiety & Depression in College Students, Mental Health Symposium (Promoting Mental Health in our Schools) sponsored by San Francisco State University and KQED, March, 2003.
- Expressive Arts Therapy in the Treatment of Addictions – Haight Ashbury Free Clinics, San Francisco, CA 1999

PROFESSIONAL EXPERIENCE

4/05 – present	Private Practice	<ul style="list-style-type: none">°Psychotherapist/Expressive Arts Therapist. Providing Psychotherapy and Expressive Arts Therapy to adults.°Areas of specialization include trauma, addictions, post-traumatic stress disorder, anxiety and depression.°Provide psychotherapy to Individuals, Couples, Groups.°Provide Clinical Supervision.°Approaches include Expressive Arts Therapy, Sensorimotor, Psycho-physical (Somatic) Psychotherapy, Dialectical Behavioral Therapy (DBT), Seeking Safety.
2000 – present	Adjunct Faculty, City College of San Francisco, Health Education and Community Health Studies Department San Francisco, CA	<ul style="list-style-type: none">°Classes taught include: Multiple Diagnosis, Group Facilitation, Introduction to the Drug & Alcohol Counselor Certification Program, Addiction Treatment Skills, Beginning Internship and non-credit prep course for Certified Addiction Treatment Counselor Exam.
10/06 – 1/09	Director, Outpatient Services Director, Treasure Island Residential Facility, Clinical Supervisor, Walden House, San Francisco, CA	<ul style="list-style-type: none">°Provided Leadership and oversaw all aspects of Outpatient Treatment, including directing a holistic approach to treatment that included substance abuse treatment, psychotherapy, psychiatry, housing, legal and vocational services.°Provided Leadership and oversaw all aspects of Residential Services for 24-bed Residential Dual Recovery Program for clients with Co-Occurring Disorders, including directing a holistic approach to treatment that included substance abuse treatment, psychotherapy, psychiatry, housing, legal and vocational services.°Responsible for all Clinical Processes, including providing individual and Group Clinical Supervision to MFT and MSW Interns and other staff.°Triaged Clinical crisis situations.

2007	Adjunct Faculty, John F. Kennedy University, Continuing Education Pleasant Hill, CA	<ul style="list-style-type: none"> °Facilitated groups including Dialectical Behavioral Therapy (DBT) and Seeking Safety Groups. °Taught graduate students Chemical Dependency Course, required to complete graduate degrees.
11/01 – 2006	Marriage Family Therapist/ Expressive Arts Therapist Health Care for the Homeless Program, Haight Ashbury Free Clinics, San Francisco, CA	<ul style="list-style-type: none"> °Provided Psychotherapy and Expressive Arts Therapy to homeless individuals and groups, in settings that included the street, soup kitchens, The Tenderloin, drop-in centers and office settings. °Provided Clinical supervision for case managers.
2/00 – 10/01	Associate Director, Drug & Alcohol Certificate, Community Health Works (a partnership of San Francisco State University and City College of San Francisco), San Francisco, CA	<ul style="list-style-type: none"> °Provided program planning and development; policy development, outreach material development, program manual, curriculum development. °Grant research, writing and attained successfully. °Grant management, including preparing budgets, renewals and reports. °Grant fulfillment Project Coordinator, leading a team in developing a Performance Based Exam for Drug & Alcohol Certificate students in order to increase and enhance counselor competencies. °Internship Coordinator. Coordinated, planned and developed substance abuse treatment fieldwork placement sites for students, including protocol development.
7/00 – 2/01	Volunteer Marriage, Family, Therapist Intern/Expressive Arts Therapist, SAGE (Standing Against Global Exploitation), San Francisco, CA	<ul style="list-style-type: none"> °Provided individual and group psychotherapy and expressive arts psychotherapy to women recovering from trauma, addictions and prostitution. °Involved in San Francisco Arts Council for Cab Top Art Ads project that addressed violence prevention, sexual exploitation and human rights issues.

1998 – 2000	Marriage Family Therapist Intern/ Expressive Arts Therapist Substance Abuse Counselor Haight Ashbury Free Clinics San Francisco, CA	°Provided individual and group psychotherapy and expressive arts psychotherapy to adults in treatment for addictions and mental health issues.
1997 – 2000	Assistant to the President & Founder Haight Ashbury Free Clinics, San Francisco, CA	°Provided all aspects of office management, including extensive public contact with local, state and national substance abuse treatment professionals and organizations. °Coordinated press interviews regarding all aspects of substance abuse topics from medical treatments to drug policy.
1999 – 2000	Assistant to the Editors, Journal of Psychoactive Drugs San Francisco, CA	°Assisted Editors in editing and publishing quarterly journal. °Provided peer reviews for journal submissions.

EDUCATION

2007–09:	Bill Bowen, Psycho–Physical Therapy (Somatic Psychotherapy and Trauma),
2007–09:	Sensorimotor Psychotherapy for the Treatment of Trauma.
2008:	Dialectical Behavioral Therapy (Alan Fruzzetti),
1999:	Masters of Arts in Counseling Psychology, Expressive Arts Therapy Concentration. California Institute of Integral Studies, San Francisco, CA
1982:	BA in Social Science, San Francisco State University
1981:	Certificate of Applied Gerontology, San Francisco State University

ADDITIONAL TRAINING

- Affect Regulation, Attachment and Trauma (Pat Ogden)
- Making Trauma Therapy Safer: The Psychophysiology of Trauma and PTSD, San Francisco Hakomi Institute
- Frontiers of Trauma Treatment, (Bessel Van der Kolk)
- Addressing the Consequences of Trauma, A Narrative Perspective
- Effects of Trauma on the Developing Child: Implications for Adult Development,
- Disaster Mental Health, I & II
- Critical Incident Stress Management
- Seeking Safety, a Cognitive Behavioral Approach for the treatment of Addictions and Trauma
- Facilitator Training, Freedom From Smoking, American Lung Association
- Introduction & Advanced Dual Diagnosis
- Clinical Supervision: Beyond the Basics
- Motivational Interviewing and the Stages of Change
- Understanding Craving: Managing the Physiology and Psychology of Compulsive Behavior

- Neurobiology of Psychotherapy
- Counseling clients with severe depression
- Physiology of Addiction
- Counseling and Addiction
- Methamphetamine Treatment – Matrix Model
- Eating Disorders
- EFT (Emotionally Focused Therapy) **for couples**
- Dual Diagnosis: The Combined Treatment of Substance Abuse, Mental Illness & Other Medical Conditions
- Community Reinforcement Approach, Relapse Prevention Seminar
- Group Art Therapy in the Treatment of Substance Abuse
- Relapse Prevention Counseling
- Youth and Harm Reduction Groups
- Cultural Competency: African Americans and Substance Abuse,
- Working with Latino Clients, Issues and Treatment
- Domestic Violence Issues and Treatment
- Family Assessment: Seven Steps Model
- Advances in Strategic Therapy

BOARD MEMBERSHIPS:

- Drug & Alcohol Counselor Certification Program, City College of San Francisco: Advisory Board Member.
- International Expressive Arts Therapy Association (IEATA): Newsletter Editor and Publications Committee Co-Chair, Artist Committee Co-Chair, Board of Directors (former).
- Community Behavioral Health Services, City and County of San Francisco: Change Agents Planning Committee member (former).

PROFESSIONAL AFFILIATIONS

- California Association of Marriage and Family Therapists (CAMFT)
- San Francisco Chapter, California Association of Marriage and Family Therapists
- California Association for Alcohol and Drug Educators (CAADE)
- International Expressive Arts Therapy Association (IEATA)