

Ria Severance, LMFT



Ria Severance, LMFT 24650

1910 Huntington Drive,
Suite 16
South Pasadena, CA
91030

626-354-4334

ria@riaseverance.com
riaseverance.com

PROFESSIONAL OBJECTIVES

As a skilled, bilingual/bicultural Latina therapist with 30 years' experience, I currently work in a stable private practice. My current professional goals include: learning more about clinical work with adolescent and geriatric inpatient populations (and related end of life issues); honing more subtle diagnostic as well as immediately applicable DBT skills; becoming trained in Emotionally Focused Therapy; and, honing Motivational Interviewing skills, while continuing to train professionals on the applications of MI to Consensual Dispute Resolution for the county, state and international Collaborative Law communities. I have been asked to pick up the torch to train professionals in Collaborative Trusts & Estates protocols . . . currently assessing bandwidth!

PERSONAL OBJECTIVE

To be a validating context for growth that empowers interns, clients and professional team members/colleagues to build on their strengths and creativity, and leaves them effective as well as inspired by who they are. Clients grow their effectiveness in relationships, and in the world, as they generate and live into their vision of a life truly worth living, regardless of their circumstances.

INTERPERSONAL SKILLS

- Bilingual/Bicultural Latina
- Exceptional communication and listening skills
- Attuned and responsive; Authentically warm and genuinely non-judgmental
- Noteworthy empathic ability to perceive, articulate and reflect multiple levels of experience and to communicate in a way that enhances self-understanding, compassion, self-acceptance, effective relationships and inclusion
- Superior ability to bridge gulfs between people and promote acceptance, understanding and respect in the face of differences and conflict
- Self-motivated and independent, while also a collaborative team-player
- Generous with time, attention, skill and heart in ways that empower
- Thirty years experience developing empowering clinical relationships with people of diverse cultures, classes, interests and needs

PROFESSIONAL SKILLS

- Innovator of protocols for more effective Resist-refuse dynamics/Co-parenting work that protects children from parental fall-out in high conflict divorce/custody disputes
- Excellent clinical, behavioral and writing skills; articulate and clear public speaker
- Consistently quick to envision win-win collaborations and solutions to challenges
- Empowering, attuned, and inspiring teacher, trainer and coach
- Superior analytical/critical-thinking skills; Quick learner
- Out-of-the-box creative thinker
- Dialectical thinker; Model and teach dialectical thinking when black-and-white thinking and rigid positioning predominate
- Strong (empowering) leadership and team-building skills

AWARDS

CPCal Eureka Award, voted by peers throughout state as having “made significant contributions and demonstrated an abiding dedication to establishing and sustaining Collaborative Practice in California.” Each year, CPCal, the body overseeing Collaborative Practice in California grants this award to only 2-5 attorneys, financial specialists and /or licensed mental health professionals. 2017

LACFLA's Distinguished Member of the Month, selected and featured for service. 2012

Scouter's Training Award, Distinguished Leadership Contributions Recognized by San Gabriel Valley Boy Scouts of America Council. 2012

Psi Chi, National Honor Society in Psychology, CSULA, Elected member for academic excellence. 1986

Phi Beta Kappa and Psi Chi, UCLA, Elected member for academic excellence. 1983

Alpha Mu Gama (National Foreign Language Society), Elected Member for mastery in English, Spanish, French and German. 1976

EDUCATION

Licensed Marriage & Family Therapist, BBSE, California, September 1988

MS in Psychology

Cal State LA, 4.0 GPA. December 1986

Psi Chi, National Honor Society in Psychology, CSULA, Elected member for academic excellence. 1986

BA in Psychology

UCLA, Summa Cum Laude, Phi Beta Kappa. June 1983

PROFESSIONAL EXPERIENCE

Licensed Marriage, Family and Child Therapist (LMFT24650),

Private Practice. September 1988 - Present

Areas of emphasis include: Depression, Anxiety, Traumatic syndromes, Compulsive overeating, Post-Alcohol/Substance abuse recovery, Parenting and in-home parent interventions with severe behavioral challenges, and when attachments have been ruptured for any reason, Co-Mediation with Primary Attorney Mediators, Divorce "Doula," Collaborative Divorce Coach and Collaborative Child/Adult Child (of Divorce) Specialist in Collaborative Divorces, Resist-refuse dynamics between Children and Parents, Co-Parenting Skills training and mediation, No/low cost consultation for colleagues & interns dealing with clients in high conflict divorce/custody, DBT-informed treatment (advanced training but not currently on team, so not evidence-based protocols); Gifted adults and adolescents, Young Children, Relationships, Individuation issues, Diversity issues, Women's issues, Men's issues, Pre-marital counseling, Couples, Decision Counseling, Public Speaking on above issues. Developed innovative team approach for more effective protocols for Resist-refuse dynamics and Co-parenting work with divorced/divorcing couples

Founding Board Member of Collaborative Online Practice: Divorce and Trusts & Estates, an inclusive Collaborative Practice Group connecting professionals across California. November 2020 - Present

Co-author of Amazon Best-Seller, "*The Collaborative Advantage: Divorce Consciously to Protect Your Children and Avoid Financial and Emotional Bankruptcy.*" May 2017

Founding Board Member of Civil Collaborative Professionals (CCP), Co-Mediator and Collaborative Coach offering a Team Collaborative Legal Process for resolving Civil Disputes, including Probate, Trusts & Estates.

April 2016 – April 2017

- Marketing Chair, Drafted Vision & Mission Statements, majority of website content, etc.

Pasadena Collaborative Divorce (PCD) Co-Mediator, Collaborative Divorce Coach & Child Specialist, Co-Parenting & Resist-refuse dynamics Specialist.

August 2013-Present

- PCD Marketing Chair since 2013 - Redesigned website-responsible for 90% of the content and related brochures; Initiated, planned, marketed and executed PCD's family law attorneys, CPA's and therapists monthly offerings of *free public service trainings* (1.5-3 hours each, for 10 months of the year), "Divorce Options," for professionals working with couples and families, as well as couples approaching the possibility of separation and divorce. Couples receive access to modest means referrals, and learn how to consider their budgets, family dynamics and legal concerns when choosing *how* to divorce. Received statewide recognition for success of program.
- Lead presenter at annual state CPCAL conference (April 2016 and 2017) regarding the game-changing impact of Motivational Interviewing (MI) on Consensual Dispute Resolution (CDR) when teams of professionals are trained.
- Lead presenter at CPCal 2017 to train other CA practice groups in successful marketing efforts for Divorce Options program; presented again in 2018.
- Lead presenter at annual (International Academy of Collaborative Professionals) Conference (October 2016) regarding the application of MI to CDR
- Began and Co-lead Motivational Interviewing & Consensual Dispute Resolution Study Group for Attorneys & Mental Health professionals (i.e. Select online MI courses, determine syllabi and texts used, manage assignments and meetings). October 2015-April 2019
- Co-lead Streamlined Protocols Study Group (for Collaborative Divorce Process), for Mental Health Professionals and Attorneys. June 2013-Nov 2015
- Began "Best Practices" Study Group for Clinicians and Attorneys in Divorce Field. April 2019-
- Professional Trainer for Los Angeles County Law Association Basic Collaborative Training. August 2016 (Volunteer)
- Guest Lecturer in Family Law Classes at Loyola Law School and USC - asked teach/train law/CDR students re managing emotional/communication aspects of divorce. August 2018 – August 2019

Bilingual/Bicultural Latina Therapist/Supervisor & Mental Health Consultant, Foundation for Early Childhood Education (Head Start). September 2007-June 2015.

Provided:

- Culturally sensitive formal observations, assessments, recommendations & appropriate referrals for teachers and parents of identified pre-school children
- Teacher and parent training/intervention on varied challenging issues for preschoolers (e.g. Tracking/Narrating child's process, Empowering versus Enabling, Self-regulation and development of child's ability to follow

directives/routine, Effective limit-setting, Engaging challenging parents, Assertiveness and conflict-resolution strategies appropriate for preschool children, Behavioral strategies for increasing learning-enhancing behaviors, Emotion regulation, etc.)

- Classroom Mental Health Assessments (e.g. Nature and quality of teachers' attachment and attunement to children/parents, Emotion regulation of teachers and impact on students, Overall "tone" of classroom, Ability to solicit, develop and speak to internal locus of control, Effectiveness of behavioral management strategies, Ability to cultivate higher order cognitive processing)
- Individual/family/dyadic parent consultations and short-term skills oriented therapy (include assessment and development of specific parenting skills needed to support child's specific challenges, in-home visits, and shadowing child in classroom while modeling and guiding parent to take the lead). Alcohol is the number one cause of death for Latino men in the US, so the impact of alcohol on the family is routinely assessed/addressed
- Bilingual lecturer for conferences designed for parents and teachers
- Implemented method for FECE consultants to shadow and model effective interventions with children while guiding parents to do the same in classroom setting
- Supervise interns

Co-Parenting Lecturer and Group Leader,

Los Angeles Center for Law and Justice. August 2013–October 2013

- Trained, researched, prepared and co-lead groups.
- Project cut suddenly as funding depended on referrals made exclusively by judges, which were not forthcoming

Director, Pay-It-Forward Service-Learning and Leadership Program; Member, Board of Advisors, World Education University (WEU). August 2012 –June 2014

- Part of a team to design structure and academic foundation for global, free-online university (start-up company) to extend meaningful learning beyond computer screen
- Lead effort to ensure service-learning and leadership training are built into completion requirements for *all* courses, regardless of the subject matter. Waiting for approval to proceed with final edits of book outlining this structure and process
- Drafted Honoring Diversity Statement, proposing related changes to bylaws, defining "social consciousness" in terms of decision-making protocols that consider the well-being of local cultures, economies and ecosystems for three generations hence
- Drafted WEU adaptation of the UN's Universal Declaration of Human Rights; Defined "social justice" in terms of this document

DBT Consult Team Therapist in affiliation with DBT Center - San Gabriel Valley. August 2011 - July 2012

- Approximately 10+ hours/week participating in DBT Skills Training Groups, DBT Clinical Consult Team, workshops, and extensive reading
- Clients treated in my private practice

Co-founder and Director, Visionary Team Builders. January 2007-January 2009

- Partnered with business consultant to co-create and facilitate workshops/

- retreats tailored to the specific needs of corporate and nonprofit companies
- Built/Strengthened teams among executives, managers and supervisors, while extending leadership training to include all team members.
- Promote paradigm shift necessary for creating Sustainable Businesses for the 21st Century

Executive Development Consulting, Founder and President. January 2005-Present

- Currently primarily private consultations for Professionals/Executives referred individually by HR, including those with dual diagnoses, including substance abuse
- Provide training in work-related interpersonal, leadership and management skills for individuals, small and organizational groups
- Seminars, workshops and speaking on related topics (please see website at www.execdev.org)

Supervisor of Clinical Interns/Trainees, Pasadena Mental Health. October 1995 -October 1997

- Trained budding clinicians to hold themselves accountable for their impact on clients, in their own lives and on the therapeutic process, while facilitating the development of clinical skills necessary for competence

Supervisor of LMFT's and Interns in Private Practice. October 1996-June 2015

- Supervise Licensed MFT's pursuing AAMFT or CAMFT Supervisor Certification (Supervise their Supervision)
- Supervised interns through LMFT California licensure process, with supervision emphasis on personal and professional accountability, and skills building at the forefront of their clinical work
- Mentored interns to identify primary interests and talents, to build on/pursue professional development in these arenas

Professor of Psychology, East Los Angeles City College. August 1997-January 1998

- Psych 101 concepts taught via lectures, in-class exercises, personally meaningful projects/experiences that simultaneously build community in the classroom
- Used in-class exercises/extensive writing assignments to improve writing skills
- Left position because only paid for in-class time as part-time professor (no prep, grading or advisory time) - *loved* the work

Group & Individual Psychotherapist, Glendale Memorial Hospital & Health Center Addictive Behavior Program (Obesity). January 1989-January 1991

- Developed therapeutic program to run concurrently and collaboratively with nutritional training to build emotion regulation skills, and process intense affects, idealizations, devaluations, etc. previously directed at dietitians when concurrent therapy program was unavailable
- Taught disease model of addiction and facilitated tracking of skills development - e.g. interpersonal skills (such as assertiveness), mindfulness, distress tolerance and emotion regulation skills
- Encouraged on-going participation in 12-step programs such as CEA-HOW & OA

- Increased tolerance for dependency needs and autonomy in intimate relationships
- Facilitated understanding of complexity of intra- and interpersonal dynamics associated with compulsive overeating/concurrent addictive behavior, and how these extended to patients' lives
- Left job when had first child. Taught/ran workshops privately on related topics through Adult Education school in South Pasadena, September 1993-August 1994

Assistant Director of Clinical Training and Psychotherapist, Randon Institute of Clinical Psychotherapies. March 1983-December 1990

- Provided ongoing lecture series on clinical theory and practice, and developed related skills-training modules for intern training
- Taught skills necessary to develop and sustain a full-time private practice by the time licensure was obtained
- Trainee, then Intern from May 1978-September 1988

Bilingual Therapist/Intern Trainer/Social Worker & Public Relations Coordinator, Hispanic Outreach Project, Foothill Family Services January 1987-January 1989

- In-home treatment for Spanish-speaking, abused children, mothers and perpetrators (with different configurations) unable to access community mental health facilities
- Community Outreach Education in public schools (parents, teachers & children)
- Coordinated development of Alanon (for mothers) and Alateen groups in Spanish to run simultaneously with local AA meetings, where local perpetrators' were often mandated DUI attendees so that abused family members could meet to heal/ share safely and regularly outside the family (rather than being obligated to wait outside for Dad to finish AA meeting)
- Trained interns

Lecturer and Assistant Instructor in Developmental Psychology under Dr. Judith Stevens-Long, CSULA. January 1986– April 1986

Bilingual Lecturer & Small Group Leader, Behavioral Health Services Alcohol Rehabilitation Program. January 1984-January 1985

- Taught 10-week curriculum including disease model, effects of different drugs, the nature of addiction and impact on individual/family for men and women ages 25-70 arrested for DUI's – concurrent attendance to AA was mandated

Teaching Assistant in Cognitive Psychology under Dr. Robert Bjork, UCLA. April 1982-June 1982

Behavioral Therapist and Parent Trainer under Dr. Ivar Lovaas, UCLA Young Autism Project. September 1981-June 1982

Research Assistant under Dr. Richard Gilbert and Dr. Andrew Christensen, UCLA NIMH Grant. January-June 1981 & September-June 1982

Crisis Counselor Trainer and Crisis Counselor, Institute for Studies of Destructive Behavior & Los Angeles Suicide Prevention Center. November 1978-January 1980

REFERENCES

Available upon request.

Please see Addendum below for additional information.

ADDENDUM TO CV

CERTIFICATIONS

CAMFT-Approved Supervisor Post-Graduate Certification, California Association of Marriage and Family Therapists (CAMFT). September 2000

AAMFT-Approved Supervisor Post-graduate Certification & Training, American Association of Marriage and Family Therapists (AAMFT), Year-long course & weekly Private Supervision of Supervision. September 1997

Object Relations and Self Psychology-Advanced Post-Graduate Certification & Training, Dr. Richard Gilbert, CAMFT-Sponsored. January 1991-January 1995

Certification in Use of Hypnosis, Rob Stone, Encino. November 1990

California Community Colleges Instructor Credential in Psychology. October 1989

Licensed Marriage and Family Therapist, Board of Behavioral Science Examiners, California. September 1988

ADDITIONAL TRAINING & EDUCATION

Trusts & Estates Collaborative Protocols Training, Nancy Ross, LCSW, Alan Noble, JD & Beth McClelland CDFA/CFP, Concord, CA. September 14-15 2018

Motivational Interviewing: The Language of Change, Stephen Rollnick, PhD, (6-month online training, 4-8 hours/month), Pasadena, CA. January-June 2017

DBT: Advanced Intensive Training, Charlie Swenson, MD and Kelly Koerner, PhD (4-day training), Pasadena, CA. March 2016

Motivational Interviewing, Patty Gieselman (3-day training), Arcadia CA. October 2015

Sensory Integration Training for Preschool-aged Children with USC professor Dr. Kate Crowley, sponsored by Los Angeles County Office of Education, December 2014

DBT with Parents, Couples & Families Part 1, Dr. Alan Fruzzetti (2-days), Las Vegas NV. April 2014

Neuroscience of Well-being, Mindfulness and Love, Dan Siegel and Jack Kornfield (2-days), UCLA, LA. October 2013

Dialectical Behavior Therapy Training: Getting Behavior Change and Preventing Therapist Burnout, Dr. Charles Swenson (2 days), Clearview Treatment Programs, LA. October 2013

Streamlined Collaborative Divorce Full-Team Protocols Training, (CDI) Collaborative Divorce Institute (3 days), Phoenix, AZ. January 2013

Advanced Dialectical Behavior Therapy Training, Dr. Charles Swenson, Live-online 4-month course, with 1.5 hours/week of lecture; 5 hours/week of readings

and exercises in DBT Consult Team. February 2012-May 2012

Modern Shamanism Training: Enhancing Effectiveness of Clinical Practice by Understanding Indigenous Healing Approaches more readily accepted by some US Latino populations (6 days), Peru. December 2011

Dialectical Behavior Therapy (DBT) Training, Dr. Alan Fruzzetti, 1-yr course, in conjunction with intensive weekly DBT training and practicum & 15 hours of Protocol Adherence ratings of online videos; Member weekly 4-hour DBT Consult Team. August 2011- May 2012

Psychoanalysis and Literature Seminar Series, Dr. Alan Karbelnig Review psychoanalytic literature on topics e.g. Love in the Psychoanalytic Relationship and Existentialism alongside literary, psychodynamic discussion of related themes/character analyses in great literary works. November 2010-March 2011

Seventeen 3-day Trainings on Self-expression, Community building, Leadership, Project Initiation and Management, Landmark Education, Additional 5-hour weekly seminars and small group meetings; Lead weekly small group meetings. October 2005-June 2015

Training as Collaborative Divorce Coach and Collaborative Child Specialist, Collaborative Divorce Team Training, LLC, Phoenix AZ, 3-day training to work in teams with lawyers & financial specialists to facilitate a divorce that is cost-effective and allows families, rather than the courts, to determine divorce outcomes. January 2007

Divorce Mediation – Advanced Training, Coast to Coast Mediation Training And Consulting Group, 5-day Training. September 2005

Dispute & Divorce Mediation Training, John Biancardi, UCLA, Series of All-day Saturday Trainings. October 2004

Individual Supervision/Training, Focused on Multidisciplinary, Psychoneurobiological Theory and Practice in Treatment of Families of Children 0-3, with Self-regulatory Problems (Physiological, Affective and Cognitive disorders), Dr. Constance Lillas, Weekly 1-hour meetings. September 2000-July 2006

Formal & Experiential Training, Pacific Oaks College & Children's School, and Sequoyah School. December 1990-September 2008

Training included:

- Developmental Psychology
- Training and implementation of Anti-bias Curriculum
- Co-parenting skills
- Community-building and development
- Progressive education (bottom-up, meaningful and relevant pedagogy and team- and project-based learning, with emphasis on collaboration and interpersonal skills training)
- Raising self-motivated lifelong learners with a stake in their own education.

Continuing Education Seminars on various psychotherapeutic topics related to organizational psychology, inclusivity and equity, clinical supervision, collaborative divorce & custody issues, ethics and other clinical issues. May 1977-Present

PROFESSIONAL AFFILIATIONS & VOLUNTEER WORK

Immigrant's Rising, Volunteer Therapist for Undocumented Immigrants.

December 2019 – Present

CPCal (Collaborative Professionals, California), Divorce Options Committee Member (Draft manual to ensure state-wide success for Collaborative Practice Groups seeking to increase attendance at Divorce Options workshops for professionals and the public; editing contributor to standardized state PowerPoint used for DO workshops), July 2017 – Present.

Board Member, Los Angeles Collaborative Family Law Association, Membership Committee, Programs Committee, Loyola Law School Collaborative Clinic Committee, Divorce Options Committee, Practice Group Support Committee, etc. January 2016-Present

Volunteer Collaborative Coach for Collaborative Divorce, Loyola Law School's Center for Conflict Resolution. Collaborative Coach with attorneys and financial specialists who serve underserved divorcing couple populations, and help train new attorneys. August 2013-Present

Board and Founding Member, Civil Collaborative Professionals, Marketing Chair (website content and design, vision/mission statements, tag lines, etc.) and Training Committees. August 2016-2018.

Founder AAMFT-Certified Supervisor Study Group. December 2014-January 2016

Board Member, Fifty-Fifty Leadership, a nonprofit dedicated to 50% of the world's leaders occurring naturally as women; wrote 5-year strategic plan, Diversity Statement/related bylaws, Pasadena, CA. January 2014 - Present

Member & Marketing Committee Chair, Pasadena Collaborative Divorce. (Duties described above) August 2013-Present

Co-lead Streamlined Protocols Study Group (for Collaborative Divorce Process), for Attorneys and Mental Health Professionals. June 2013-Nov 2015

Founded and Co-lead Motivational Interviewing & Consensual Dispute Resolution Study Group for Attorneys & Mental Health professionals (i.e. Select online MI courses, determine syllabi, manage assignments and meetings). October 2015-April 2019

Advisory Board Member, World Education University (WEU). August 2012 – August 2014

Member, Senator Carol Liu's 21st District Women's Council, provide leadership in areas of Human Services and Education. March 2009-March 2013

Member & Volunteer Translator for Physicians, Liga International ("Flying Doctors of Mercy") in remote villages in Mexico. October 2000 – 2014

Volunteer Translator for Physicians & Parenting Class Instructor, Clinica Esperanza. Roatan, Honduras. March 20-April 4, 2015.

Advisor to Board of 50-50 Leadership. January 2006-January 2014

Member, Elected Member of the Month, Los Angeles Collaborative Family Law Association (LACFLA). June 2005

Member & Various Leadership Positions (e.g. Committee Chair, Tour Leader), Boy Scouts of America (BSA). May 2009-March 2015

- Advocated actively for inclusion of Gay boys/leaders within the BSA at troop and

council levels

- Highest leadership training in BSA: Woodbadge over 1-year course period
- Prepared and taught Autism and ADD courses at Commissioner College

Active Parent Member/Leader Various Committees (e.g. Diversity Advocacy, Leadership, Community-building, etc.), Pacific Oaks Children's School, Sequoyah School, Westridge School for Girls and Polytechnic School.

September 1991-2009

- Co-chair Diversity Committee (6 years)
- Engaged entire Sequoyah community in collaborative 2-year effort to draft Honoring Diversity Statement included in school's handbook
- Deepened Sequoyah community's formerly sporadic relationship with service-learning in conjunction with Union Station Foundation by engaging administration, teachers and students in each classroom to donate and prepare sack-lunch food monthly for homeless parents seeking employment. Program still in place.

Scholarship Committee Member, San Gabriel Valley/Pomona Valley CAMFT.

October 1994

Member, South Pasadena Mental Health Network. March 1993-October 1995

Board Member: Special Events Coordinator, San Gabriel Valley/Pomona Valley CAMFT. October 1991-December 1992

Lifetime Clinical Member (State) and Approved Supervisor, & Clinical Member (Local) of San Gabriel Valley/Pomona Valley Chapter, California Association of Marriage and Family Therapists (CAMFT). September 1988 - Present

Clinical Member & Approved Supervisor, American Association of Marriage and Family Therapists (AAMFT). Did not renew. September 1988

FOREIGN LANGUAGES

Fluent in Spanish (Bilingual/Bicultural Latina), completed 2 years college-level French & 3 years of high-school level German.

INTERNATIONAL TRAVEL

Canada, Caribbean Countries, Costa Rica, Egypt, Israel, Jordan, Peru, Mexico, Kenya, Vietnam, China & 20 European Countries (Austria, Belgium, Czech Republic, Denmark, England, France, Germany, Greece, Hungary, Italy, Liechtenstein, Luxembourg, Monaco, Netherlands, Norway, Scotland, Switzerland, Vatican City, Yugoslavia). Also lived in Costa Rica, Switzerland, Germany, England and Argentina for prolonged periods.

HOBBIES & INTERESTS

Being of Service, Time with my children and extended family, Yoga, Experiencing different cultures and ways of living first-hand, Creative writing, Growth of any kind, Literature, Beauty in Nature and Art, Dance, Mindfulness and Meditation practices, Social Justice and Advocacy, Foreign films, Interior design – *not* necessarily in that order!

