

KATHERINE BEHM

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Associate Marriage and Family Therapist with 15 years of experience working with children and families in several roles including, but not limited to, residential mental health counselor, live-in nanny for child with sensory processing disorder, and postpartum doula. Currently providing somatic psychotherapy remotely for individuals and couples.

EXPERIENCE

SEPTEMBER 2021 – DECEMBER 2022

ASSOCIATE MFT, GRATEFUL HEART HOLISTIC THERAPY CENTER

- Providing individual and couples therapy using psychodynamic, somatic, and relational techniques
- Attending monthly CE trainings to strengthen existing skills and broaden knowledge of therapeutic interventions
- Documenting content of each 50-minute session using SimplePractice
- Collaborating with peers and supervisors through 1:1 consultation and weekly group supervision

FEBRUARY 2019 – PRESENT

RELIEF COUNSELOR, PROGRESS FOUNDATION

- Providing relief support to eleven different residential treatment programs, each targeting the needs of different populations
- Designing and facilitating groups, providing 1:1 counseling support to residents, and responding to medical and/or psychiatric emergency situations
- Recording daily progress notes using Avatar, monitoring and recording client medications

JULY 2020 – SEPTEMBER 2021

MFT TRAINEE, CENTER FOR SOMATIC PSYCHOTHERAPY

- Developed and retained caseload of 10+ telehealth clients per week
- Consistently attended and participated in weekly group and individual supervision
- Developed treatment plans and documented content of individual sessions using TherapyNotes

FEBRUARY 2017 – FEBRUARY 2019

MENTAL HEALTH COUNSELOR, ASHBURY HOUSE: PROGRESS FOUNDATION

- Collaborated with a team of healthcare providers to support mothers in the process of reunification with their children while managing dual diagnoses
- Designed and facilitated weekly counseling groups on Mindful Parenting Skills
- Maintained clinical records and documentation requirements of the City and County of San Francisco Community Behavioral Health Services in accordance with treatment plan co-created with clients

SUMMER 2014 & 2015

ABA COUNSELOR, BIG APPLE DAY PROGRAM

- Completed training in and implemented Applied Behavioral Analysis (ABA) Therapy to children ages 5-12
- Completed daily and weekly comprehensive evaluations of each child's cognitive, emotional, and behavioral progress
- Established trusting and collaborative relationships with parents while striving to meet the individual needs of each child

SEPTEMBER 2012 – MAY 2014

PRESCHOOL ASSISTANT, JUMPSTART AMERICORPS

- Designed and facilitated age-appropriate lessons on language, literacy, and interpersonal skills for children 3-5 years old
- Collaborated with Americorps colleagues and local preschool teachers to design an effective and engaging curriculum

EDUCATION

2018-2019

MA - SOMATIC PSYCHOLOGY, CALIFORNIA INSTITUTE OF INTEGRAL STUDIES

In addition to traditional forms of assessment, the Somatic Psychology program teaches the assessment of individual, family, and group dynamics through the observation of body movement and nonverbal communication.

Meets academic requirements for the California Marriage and Family Therapist (MFT) license

2013-2015

BA - PSYCHOLOGY, PACE UNIVERSITY

Graduated Summa Cum Laude, showcased honors thesis research at Pace University Psychology Conference, Member of the National Society of Leadership and Success and Golden Key Honors Society

CERTIFICATIONS AND TRAININGS

- Children and Adult, First Aid and CPR
- HIPAA*: Health insurance portability and accountability act
- CANS*: Child and Adolescent Needs and Strengths Assessment
- ANSA*: Adult Needs and Strengths Assessment
- Certified Postpartum Doula, Cornerstone Doula
- What Every Therapist Should Know About Progress Notes – Barbara Griswold
- Integrative Somatic Parts Work – Level 1
- Embodied Antiracism: Examining Whiteness or Equitable Activism
- Suicide Assessment and Prevention

*Certification expired