

PAT HROMALIK, M.S., MFT #89207

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SUMMARY

Seasoned, mature, compassionate professional with strong therapeutic, analytical, interpersonal, communication and facilitation skills. Highly motivated and passionate about assisting people to grow, change, heal and achieve their desired life. Experience in working in a variety of settings and non-profit agencies offering counseling services to a diverse range of people: adults of all ages including seniors, couples, people of different gender and sexual orientations, people who have suffered from trauma, people in crisis from abuse, elementary school children, university students, emotionally and behaviorally challenged children and adolescents, as well as people suffering from long-term mental health challenges and illnesses. .

COUNSELING and RELATED EXPERIENCE

Petaluma PATH Counseling, Patricia A. T. Hromalik, LMFT Petaluma, CA May 2016 – present

Marriage and Family Therapist (MFT) – License # 89207

- Provide individual, and couple therapy using a variety of evidenced based therapies (crisis intervention, brief / solution focused, CBT, DBT, ACT, psychodynamic and EMDR for trauma)
- Work with a range of ages and populations: adults, seniors, LGBT
- Utilize Gottman Couple Therapy, Developmental Model of Couple Therapy, Emotionally Focused Couple Therapy and Imago Therapy in treatment of couples.
- Work with diverse populations, including lower socio economic and those with more significant mental illnesses and/or co-occurring disorders
- Cases include mood disorders, grief/loss (death, relationships, jobs/career, health), adjustment and transition issues (divorce, job, homelessness), anxiety/panic disorder, trauma (including physical and sexual abuse) / domestic violence survivors, and parenting / co-parenting support, personality disorders
- Provide treatment for Medi-CAL mild to moderate cases
- Certified to administer Child and Adolescent Needs Strengths Assessment (CANS); Triple P Parenting Trained (Standard and Teen); Functional Family Therapy; Certified Trauma Professional in process

Petaluma People Services Center, Petaluma, CA

October 2014 – March 2018

Marriage and Family Therapist (MFT) – License # 89207

- Provide individual, child and couple therapy using a variety of evidenced based therapies (crisis intervention, brief, solution focused, play, CBT, DBT, ACT, psychodynamic)
- Work with diverse populations, including lower socio economic and those with more significant mental illnesses and/or co-occurring disorders
- Cases include mood disorders, grief/loss (death, relationships, jobs/career, health), trauma including physical and sexual abuse, transitions (divorce, job, homelessness),
- Complete required documentation, including assessments, treatment plans, billing summaries for MediCal, Beacon Health Strategies, CPS, Kidsmatter and private pay clients.
- Certified to administer Child and Adolescent Needs Strengths Assessment (CANS); Triple P Parenting Trained (Standard and Teen); Functional Family Therapy

Petaluma Counseling Center, Petaluma, CA

February 2014 – May 2016

Marriage and Family Therapist (MFT) – License #89207

- Provide individual and couple therapy using both brief and more in-depth therapy models
- Work with a range of ages: 12 – 76, populations: adolescents, adults, LGBT and issues: mood disorders, adjustment and transition issues, anxiety/panic disorder, trauma, abuse (sexual & physical) / domestic violence survivors, parenting support,
- Utilize Gottman Couple Therapy, Emotionally Focused Couple Therapy and Imago Therapy in treatment of couples.
- Provide treatment for CA Victim Compensation Fund cases; complete required billing and documentation

Marin Counseling Services of Catholic Charities CYO, San Rafael, CA

June 2013 – October 2014

Marriage and Family Therapist (MFT) Trainee and Registered Intern (IMF #78949)

- Provide individual, couple, family and child therapy under supervision of Jessica Sherman, LMFT #42114
- Utilize a variety of therapy models (crisis intervention, brief, play, CBT, DBT, ACT, psychodynamic)
- Work with diverse populations, including lower socio economic and those with more significant mental illnesses and/or co-occurring disorders. Cases include mood disorders, grief/loss (death, relationships,

COUNSELING and RELATED EXPERIENCE cont'd.

jobs/career, health), personality disorders (borderline, narcissistic, paranoid), schizophrenia, bipolar disorder, transitions (divorce, job, homelessness), substance abuse recovery, trauma

- Complete required documentation including intake history, progress notes, initial and 6 month treatment plans, financial ledgers, appointment / financial database tracking, monthly statistical reporting
- Make formal case presentations during group supervision
- Complete mandated reporting as required and work with reporting agencies as needed (CFS, APS)
- Provided school-based counseling to pre-K through 5th grade students at San Pedro Elementary School, including client advocacy with teachers, parents, and various education specialists
- Provide referrals and advocacy when appropriate for related support via county and non-profit agencies for housing, food assistance, medical care, job support, parenting education, substance abuse treatment

Dominican University of California Counseling Services, San Rafael, CA Aug 2012 – May 2014
Marriage and Family Therapist (MFT) Trainee and Registered Intern (IMF #78949)

- Provided individual therapy using various brief therapy models to college students, faculty and staff under supervision of Dr. Charles Billings License Psy. # 4446
- Typical case issues involved mood disorders, transitions, developmental issues, relationship issues, sexual issues, abuse (sexual, physical), trauma

Partners Programs, San Rafael, CA Aug – Nov 2012
Marriage and Family Therapist (MFT) Trainee

- Provided individual and group therapy using behavioral techniques in a psychoanalytic framework to Lynwood Elementary School children under supervision of Dr. Virginia Bassi License Psy. #13138
- Client advocacy with teachers, parents, and various education specialists.

Partners Programs / Stars Camp, San Rafael, CA July – Aug 2012
Counselor (Volunteer under supervision of Dr. Virginia Bassi)

- Part of team leading activities and counseling for elementary, middle and high school students with mild to moderate behavioral, emotional, psychological and/or social problems
- Individual therapy with focus on developing social and emotional regulation skills

Marin / Contra Costa Rape Crisis Center, San Rafael, CA 1998 – 1999
Crisis Counselor (Volunteer Certified Sexual Assault Victim Crisis counselor)

- Provided crisis intervention, support and advocacy to hotline callers
- Provided support and advocacy to rape victims during hospital treatment / testing

Bernard Eldridge Elementary School, Petaluma, CA 1998
Conflict Management Trainer (volunteer)

- Co-facilitated workshops teaching non-violent, respectful conflict resolution skills to upper elementary school students (grades 4 – 6)

Marin Abused Women's Services, San Rafael, CA 1984 – 1985
Hotline Crisis Counselor (volunteer)

- Provided crisis intervention, support and advocacy to hotline callers
- Assisted victims and their families with safety / shelter placement and initial intake

Fireman's Fund Insurance Company, GE Financial, and AMEX Life Assurance Company 1986 – 2010
Leader / Director / Manager

- Extensive management and leadership experience with 20+ years in senior manager and director positions with staff responsibilities of 40+ employees and contractors
- Extensive employee relations experience, including recruiting, training, evaluating, coaching and managing performance through improvement or termination
- Recipient of AMEX Life Leadership In Action Award – nominated by my staff, chosen by CEO

Fireman's Fund Insurance Company, Novato, CA 2001 - 2006
Director of Leadership / Management Development

- Coached high potential leaders and executives; utilized 360° assessments
- Helped design and deliver high potential executive development program; developed and delivered non-executive leadership curriculum, training programs and workshops; certified instructor for organizational change management training
- Facilitated numerous executive management sessions; certified as GE Facilitator and in GE's WorkOut® process for grass roots problem solving and innovation; implemented WorkOut® at FFIC

WORK HISTORY

- 5/2016 to present *Petaluma PATH Counseling, Patricia A. T. Hromalik, LMFT, Petaluma, CA*
MFT (LMFT #89207)
- 10/2014 to 3/2018 *Petaluma People Services Center, Petaluma, CA*
MFT (LMFT #89207) | MFT Intern (IMF #78949)
- 2/2014 to 05/2016 *Petaluma Counseling Center, Petaluma, CA*
MFT (LMFT #89207) | MFT Intern (IMF #78949)
- 6/2013 to 10/2014 *Catholic Charities CYO, Marin Behavioral Health, San Rafael, CA*
MFT Trainee | MFT Intern (IMF #78949)
- 8/2012 to 5/2014 *Dominican University of CA, Counseling Services, San Rafael, CA*
MFT Trainee | MFT Intern
- 6/2012 – 11/2012 *Partners Programs / Star Camp, San Rafael and Novato (Mailing address Bodega Bay, CA)*
Volunteer | MFT Trainee
- 8/2011 – 12/2013 *Dominican University of CA, San Rafael, CA*
Fulltime Graduate Student
- 12/2010 – 8/2011 unemployed
- 12/2001 to 11/2010 *Fireman's Fund Insurance Company (FFIC), Novato, CA*
IT Sr. Applications Manager | Director Leadership Development
- 1/1998 to 1/2001 *GE Financial Assurance Co., Long Term Care Division, San Rafael, CA*
Director Competitiveness Strategy | Director Information Technology
- 2/1987 to 12/1997 *AMEX Life Assurance Co., San Rafael, CA*
Information Technology Manager

EDUCATION

- M.S., Counseling Psychology, MFT Concentration – GPA 3.98** December 2013
Dominican University of California, San Rafael, California
- B.A., Psychology – Magna Cum Laude, Department Honors** May 1999
Dominican University of California, San Rafael, California
- A.A.S., Computer Programming / Data Processing** December 1982
Cayuga County Community College, Auburn, New York

CERTIFICATIONS and SIGNIFICANT TRAINING

- Certified Clinical Trauma Professional (*in process with PESI*)
- Treating Trauma Master Series (*in process with NICABM*)
- Treating Affairs and Trauma (*Gottman Institute*)
- Eye Movement Desensitization and Reprocessing (*JFK University/Phil Manfield*)
- Functional Family Therapy (*FFTLLC*)
- Triple P Parenting training (L4 Standard & L4 Teen (*Triple P International*))
- Child and Adolescent Needs Strengths Assessment Certification (*Praed Found.*)
- Level I & II Training in Gottman Method Couples Therapy (*Lisa Lund, MFT*)
- Developmental Model of Couples Therapy – Std (*Ellen Bayder PhD/Couples Inst.*)
- Partial EFT Couple L1 Training (*Sue Johnson PhD*)
- Sexual Assault Victim Counselor (*Marin / Contra Costa Rape Crisis Center*)
- Transformation & Western Science: Acceptance & Commitment Therapy Workshop (*Steven Hayes – CIIS*)
- Managing Diversity / Valuing Differences (*AMEX / FFIC*)
- People Process (Myers Briggs- MBTI) (*AMEX / FFIC*)
- Global Business Skills Program (*GE Capital*)
- Communication & Influence (*AMEX / FFIC*)
- Executive Coaching Certification (*Linkage*)
- Facilitation Certification (*GE Financial*)
- Organizational Change Training Certification (*Pritchett Associates*)
- Project Management Professional Cert. #1363793 (*Project Management Institute*)
- Projecting Credibility (*Fireman's Fund*)
- various Leadership Development Programs (*Center for Creative Leadership, American Express, GE Capital*)

AWARDS

- **Outstanding Chapter Leadership Award for Redwood Empire CAMFT (CAMFT)**

- **Psi Chi - National Honor Society in Psychology** (undergraduate and graduate)
- **Psychology Department Honors, Thesis Award Nominee, Magna Cum Laude** – Dominican University
- **Award for Diversity Initiative** - Fireman's Fund Insurance Co
- **Illuminati Award–Best Leadership Development Program** - Thompson NETg / SkillSoft
- **AMEX Life Leadership in Action** – American Express
- **Phi Theta Kappa – National Junior College Honor Society** – Cayuga Community College

PROFESSIONAL AFFILIATIONS

- **California Association of Marriage and Family Therapists** – Member
- **Redwood Empire CAMFT** – member Awards and Scholarship Committee; Chief Financial Officer / Board of Directors (2016 – 2018), Pre-licensed Board Representative (2014-2015), Member
- **Association for Contextual Behavioral Sciences** – Professional Member
- **Project Management Institute** –former Member, with PMI certification

VOLUNTEER WORK / COMMUNITY SERVICE

- **Santa Rosa Junior College Counseling Services** – provide Couple Therapy trainings to Interns/ Post-Docs
- **Petaluma Kitchen / Committee on the Shelterless** – food program & kitchen volunteer, Christmas Adopt a Family
- **Casa Grande High School** – Drama productions box office / concession manager; Senior Project Judge; Secretary & Reservations chair for Project Graduation (safe / alcohol free graduation night)
- **Petaluma Valley Little & Junior Leagues | CYO Basketball** – Team mother, basketball score keeper
- **Twin Valley Aquatics | Petaluma Riptides** – Awards chair, race timer, concessions, secretary of merger committee
- **Bernard Eldridge Elementary School** – Classroom teacher's aide volunteer – grades 1 - 6

See MFT profile on **LinkedIn** at <http://www.linkedin.com/pub/pat-hromalik/54/301/885>