

## EDUCATION

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Doctorate in Sport Psychology, Columbia University	1990
Master of Education, Counseling Psychology, Columbia University	1975
M.S. Candidate, Vocational Rehabilitation Counseling, Hunter College, City University New York	1974
Bachelor of Arts in Sociology/French, Colorado Women's College	1970

## PROFESSIONAL EXPERIENCE

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### Psychotherapist, Private Practice

5410 S. Lakeshore Drive, Suite 103, Tempe, Arizona August 1987- Present  
Provide outpatient counseling for individuals, couples, adolescents, and families. Areas of specialization include relationships, job-related issues, eating disorders, mood and anxiety disorders, sports psychology, women's groups, critical incident debriefing, trauma and mindfulness therapy. Post graduate training in systems, narrative, and brief modalities. Conduct psychological evaluations for immigration, refugees, and Bariatrics. Consultant to teams and organizations in change management, appreciative inquiry, and team building. Clinical supervisor for post-doctoral and graduate students. Training of mental health professionals in post-modern therapies. Faculty, Clinical Psychology Department, Arizona State University, supervision of doctoral interns.

### Bariatric Evaluator and Post-doctoral Supervisor

WISH Center, Tempe, Arizona April 2005- Feb. 2006  
Provided clinical supervision to post-doctoral student, conducted Bariatric evaluations, participated in team approach with multi-disciplined professionals, and conducted support group for patients.

### Mental Health Trainer

Veteran's Administration, Phoenix, Arizona July 2003 – July 2004  
Trained Master level therapists in clinical skills using, social construction narrative and appreciative inquiry approaches.

### Director and Founder

*Wilderness Journeys*, Tempe, Arizona November 1989 -2001  
Conducted outdoor adventures for women in the Southwest and Costa Rica. Programs were therapeutic and recreational in nature. Encouraged women to experience their strength and create new stories of resilience.

### Employee Assistance Professional Consultant,

November 1989 - 2000  
Contract with national companies and managed health care organizations to provide counseling to employees in areas of domestic and workplace violence, critical incident debriefing, merger/change management, team building and organizational consulting.

### Employee Assistance Professional Consultant,

Human Dynamics Institute, Phoenix, Arizona August 1986 - July 1990

Handled EAP services with a major banking establishment as an external consultant. Provided brief therapy, assessment and referral to community resources. Conducted training to management in supervisory referrals, drugs in the workplace and HIV positive employees. Routinely responded to bank robberies and other critical incident debriefings, and provided assessment for fitness to work.

Wellness Consultant

Phoenix South Community Mental Health August 1986- May 1988

Designed and conducted wellness workshops and incentive programs for employees.

Counselor

Counseling and Consultation, Arizona State University August 1985 - July 1986

Responsibilities included providing short-term psychotherapy, conducting groups on eating disorders and women's issues, and handling intake interviews and crisis intervention. Conducted psycho-educational seminars for Law School and re-entry programs on campus. Taught career exploration classes.

Adjunct Faculty

September 1978 - June 1995.

Departments of Psychology or Physical Education at College of New Rochelle, Mercy College, Baruch, Hunter, and Queens College of the City University of New York, Purchase College of the State University of New York, New York University -graduate division, and Mesa and Chandler-Gilbert Community Colleges and Phoenix College,

Taught courses in Sport Psychology, Sociology of Sport, Introduction to Psychology, Psychology of Parenting, Career Exploration, The Human Body, Adult Development, Child Development, Psychology of Women, History of Sport, Stress Management, Fitness for Women, Tennis, Swimming, and Women In Sport (graduate level). Instrumental in developing curriculum in Sport Psychology for Maricopa Community Colleges.

Faculty/Staff

August 1981 - December 1984.

Department of Physical Education, College at Old Westbury, State University of New York, Taught courses in physical skills, fitness, stress management, and outdoor education. Supervised students and staff in developing and conducting intramural programs and special wellness projects.

International Consultant

November 1982

Sponsored by UNESCO and National Association for Girls & Women in Sport, The G.C. Foster College of Physical Education and Sport, St. Catherine, Jamaica, West Indies,.

Conducted staff training in sport psychology, behavior modification and physical education courses and curriculum development.

Vocational and Educational Coordinator

July 1977-July 1979

Van Etten Drug Treatment Program, Albert Einstein College of Medicine of Yeshiva University, Bronx, New York.

Developed and taught a career curriculum for adult substance abusers. Conducted individual and group counseling sessions. As member of treatment team, evaluated patients for sheltered workshop programs. Supervised and trained practicum students in counseling and rehabilitation.

Vocational Coordinator

June 1973 - June 1977

Lt. Joseph P. Kennedy Home, Bronx, New York

Assessed vocational skills of adolescents. Secured government grants for job placement and job training programs. Conducted life skills classes. Coordinated treatment programs for at risk adolescents with team of professionals. Supervised professional staff and masters level students.

Foster Care Case Manager

January 1971 - May 1973

Lt. Joseph P. Kennedy Home, Bronx, New York

Supervised, evaluated and counseled children and families in foster care and adoptive homes.

## PROFESSIONAL PRESENTATIONS /WORKSHOPS

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Howell, L. (2006, April). Diversity in the Workplace. Training for CSA Employees. Sponsored by PacifiCare EAP, Chandler, Arizona.

Howell, L. (2005, November) The Appreciative Stance: A Strength based approach to working with people. Evening Lecture Series in Psychology, Mesa Community College.

Howell, L. & Cottor, R.,M.D. (2005, September). Collaborative Therapy with Families: An Invitation to Take an Appreciative Stance. Sponsored by the Arizona Psychological Association.

Howell, L. & Rohde, M. (2005, August). Working with Adolescents and Families. Southwestern School for Behavioral Health Studies, Tucson, Arizona.

Howell, L. (2004, July) Presenter. Creating a Successful Environment. Sponsored by Arizona Society of Association Executives.

Howell, L. (2001, February) Creating Change: Innovative Perspectives. Sponsored by the Arizona Psychological Association.

Howell, L. (1999, June) Change Practices: Gendering the Future. Seventh International Interdisciplinary Congress for Women, Tromso, Norway.

Howell, L. (1998, November) Faculty. CHANGE PRACTICES: Constructing the future through relational inquiry. Co-sponsored by the Institute for Creative Change and the Taos Institute., Scottsdale, Arizona.

Howell, L. (1998, February) Narrative Therapy. Southwest Health Professions Education Center, Veterans Hospital, Prescott, Arizona.

Howell, L. (1997, March) Application and Theoretical Implications of Narrative Therapy. Arizona Psychological Association, Phoenix, Arizona.

Howell, L., Hogg, A., Landers, D.M., Linder, D.E., Williams, E.W., and Texidor, A. (1996, November). Sports Psychology. Arizona Psychological Association, Tempe, Arizona.

Howell, L. (1996, June). Application and Theoretical Implications of Narrative Therapy. Southwestern School for Behavioral Health Studies, Tucson, Arizona.

Howell, L. (1993, May). Couple Therapy: A Systemic Approach. Southwestern School for Behavioral Health Studies, Tucson, Arizona.

Howell, L. (1993, February). Women Athletes. Fifth International Interdisciplinary Congress on Women, San Jose, Costa Rica.

Howell, L., Gale, J. and Schaffer, S. (1993, October). An EAP Overview. National Association of Social Workers, Phoenix, Arizona.

Howell, L. and Andersen, M. (1991, October). A Systemic Approach to Eating Disorders in an Intercollegiate Environment. Association For The Advancement of Applied Sport Psychology, Savannah, Georgia.

Howell, L. (1991, April). The Role of EAP in Downsizing. Western District Employee Assistance Professionals Association Conference, Newport Beach, California.

Howell, L. (1990, September). The Effects of Interpersonal Relationships on the Development of Successful Female Athletes. Poster Presentation. Association For The Advancement of Applied Sport Psychology, San Antonio, Texas.

Howell, L. (1988, May). Counseling from a Wellness Model. Southwestern School for Behavioral Health Studies, Tucson, Arizona.

Howell, L. (1983, April). Assessment of Instructional Methods of Physical Education in Jamaica. Association of the American Alliance for Health, Physical Education, Recreation and Dance. National Convention, Minneapolis. Minnesota.

## PROFESSIONAL WRITING

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Howell, L. (1989, December) The Effects of Interpersonal Relationships on the Development of Successful Female Athletes. **Doctoral Dissertation**, Teachers College, Columbia University.

Sedlacek, K., Krebs, D.E. and Howell, L. (1980) Stress Regulation With High Performance Athletes. Rehabilitation Medicine Services, St. Luke's Hospital, New York City. Unpublished.

Howell, L. (1975, May). The Effects of a Vocational Assessment Program on Institutionalized Inner-City Adolescents. Teachers College, Columbia University. Masters Thesis. Advisors: Professors Marvin Sontag and Donald Super.

## POST GRADUATE TRAINING

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**Somatic Experiencing in trauma, The Foundation for Human Enrichment. 2009-current.**

Completed 3 year certification program in trauma training.

**Post Graduate Institute of Family Therapy**, Phoenix, Arizona. September 1987-June 1989.

Involved in an AAMFT-approved training program in systems theory conducted by Robert Cottor, M.D. and Sharon Cottor, M.S.W. Received individual case supervision on monthly basis from September 1990 - May 1996.

**Family Therapy Center of Phoenix**, Phoenix, Arizona. September 1986 - August 1987.

Completed one year of individual and group AAMFT approved supervision with Gary L. Pershing, M.S.W.

**Ericksonian Psychotherapy**, The Milton H. Erickson Foundation, Phoenix, Arizona. September 1987 - June 1988.

Completed one-year training program in hypnotic induction and techniques of Ericksonian therapy. Individual, couples and family approaches. Taught and supervised by Jeffrey K. Zeig, Ph.D.

**Re-decision Therapy**. Phoenix, Arizona. September 1989- August 1990.

Received training and case supervision from John McNeil, Ph.D. of Palo Alto, California.

## PROFESSIONAL AFFILIATIONS

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Licensed psychologist in Arizona (License #1935). 1991 - Present  
Arizona Licensed Marriage and Family Therapist (LMFT #0295). 1992 - Present

Marriage and Family Therapy Credentialing Committee, State of Arizona, Board of Behavioral Health Examiners, 2003 – January 2009

Arizona Psychological Association.

President of the Arizona Psychological Association 2009

Chair of the 1997, 2003, 2005 Convention Committees

Continuing Education Committee, 2004 - Present

Governing Council 2004-2005, 2008, 2009, 2010

Education Representative 2004-2005

Institute for Creative Change. Training Director/Faculty. Phoenix, Arizona.

August 1997 - 2006

Disaster Services Program, American Red Cross, Disaster Mental Health Volunteer  
2001 – 2008

HealthRight International, A Human Rights Clinic, (formerly Doctor's of the World) Volunteer Psychologist,  
2002 – Present

American Psychological Association. Divisional memberships in Sport Psychology,  
Family Psychology and International Divisions. Gender Chair of Division 47, 1993-1994.

Somatic Experiencing Trauma Institute, Boulder, Colorado

## REFERENCES

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References will gladly be provided upon request.