

# SABRINA S. SANTA CLARA

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## SKILLS & EXPERIENCE

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### COUNSELING & THERAPEUTIC INTERVENTIONS

#### Private Practice

- Three years counseling experience utilizing Hakomi, Internal Family Systems, Eastern spiritual practices and a variety of body-centered psychotherapeutic techniques.
- Ability to create structured and safe environments within a framework of compassion and nonpathology.
- Five years experience teaching yoga, meditation and stress-reduction techniques with individuals and groups of varying ages.
- Twelve years massage therapy experience with an emphasis on somatoemotional processes.

#### Nonprofit

- Psychotherapy with children, couples and families through Access Counseling utilizing humanistic psychotherapy, play therapy and art therapy.
- Individual sessions with Colorado inmates to support growth, resource and support seeking skills, nonviolent communication, and recidivism prevention. Group training in Alternatives to Violence.
- Movement therapies with middle school and high school students to increase confidence, body awareness and creative expression. Mentored teenage girls in deconstructing media induced body image and trained them to educate other students via class presentations.
- Shelter intake, counseling and crisis management for survivors of domestic violence and their children.
- Worked with remanded inpatient adolescent girls addressing such issues as substance abuse, anger management, sexual promiscuity, sexual orientation, eating disorders, and other mental health issues.

#### Human Resources

- Performance evaluation and counseling of management and nonmanagement personnel.
- Counseled employees on personal issues that interfered with work requirements and referred to outside counselors as necessary.

### COMMUNICATION & CONFLICT RESOLUTION

- Specialized training in conflict resolution from San Francisco State University, Domestic Abuse Intervention Services, and New Foundations Nonviolence Center.
- Successfully managed conflict resolution in a wide variety of human resources environments including corporate, nonprofit and cooperative organizations; union and nonunion employees; mental health treatment center; and H.I.V. treatment center.
- Led workshops in teambuilding, cultural integration, effective communication and confrontation skills, and conflict resolution for both employees and managers.

### MANAGEMENT & SUPERVISION

- Over fifteen years of combined management experience in human resources, massage therapy, yoga, somatic therapy, and operations.
- Fifteen years experience of management and supervision ranging from 1 to 250 employees, including management personnel.
- Expertise in organizational development including policies, practices, mission statements, and goal-setting and evaluation.
- Highly skilled in creating effective change in organizations.

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## MOVEMENT TRAINING & EXPERIENCE

- Dance and Movement Therapy
- Yoga (Anusara, Ashtanga, Vinyasa) and Tai Chi
- Bartenieff Fundamentals, Laban Movement Analysis, Kestenberg Movement Profile
- Dance: Tap, Sufi, Jazz, African, Modern, Contact Improv, Butoh, Country Western, Authentic Movement, Middle Eastern, Ballroom, Gabrielle Roth's Five Rhythms, Natya Bharatanatyam (Indian Classical Dance), Latin Dance (Salsa, Merenge, Cha-cha, Mambo)

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## WORK & VOLUNTEER HISTORY

<b>Intern/Volunteer:</b> Access Counseling – Family Team	8/2009-present
<b>Volunteer-Nonviolence Educator:</b> New Foundations Nonviolence Center	2007-present
<b>Fieldwork/Volunteer-Youth Mentor:</b> Boulder Youth Body Alliance	2007-present
<b>Fieldwork-Inmate Mentor:</b> New Foundations Nonviolence Center	2007-2008
<b>Fieldwork-Youth Dance Mentor:</b> Turning the Wheel Productions	2007
<b>Massage/Somatic Therapist:</b> The Healing Journey (self-employed)	2001-2007
<b>Client Advocate:</b> Domestic Abuse Intervention Services	2004-2005
<b>Youth Counselor:</b> Lutheran Social Services	2001-2002
<b>Human Resources Director:</b> North Farm Cooperative	2000-2001
<b>Human Resources Director/Project Manager:</b> Shaman Botanicals	1999-2000
<b>Human Resources Manager:</b> Hotel Sofitel	1998-1999
<b>Human Resources Manager/Massage Director:</b> Immune Enhancement Project	1997-1998
<b>Massage Therapist:</b> Somatic Integration & Order (self-employed)	1991-2000
<b>Operations Supervisor:</b> Judicial Arbitration & Mediation	1989-1991

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## EDUCATION

<b>Somatic Counseling Psychology (BP &amp; DT):</b> Naropa University	Expected M.A. Completion in 2009
<b>Internal Family Systems Therapy:</b> Therapist Training	2005
<b>B.A., Sociology, Summa cum Laude:</b> San Francisco State University	1998
<b>Spanish (A.A. Equivalent):</b> San Diego Community College	1994

Additional workshops taken in Hakomi, Post Traumatic Stress Disorder, couples therapy, sandplay therapy, youth gangs, incest, social intelligence, Alternatives to Violence, Hellinger Family Constellations, the Enneagram, and a variety of body-centered therapies.

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## ASSOCIATIONS & CERTIFICATIONS

American Massage Therapy Association – Member #207456  
Anusara Inspired Yoga Instructor – Certified  
Holistic Health Practitioner/Massage Therapy Certification – IPSB, 1992  
Human Resources Management Certification – San Francisco State University, 1999  
Internal Family Systems Association – Member  
National Certification Board for Therapeutic Massage and Bodywork – Certified #294913-00  
Yoga Alliance – Registered Yoga Teacher #15395  
United States Association for Body Psychotherapy – Student Member  
Universal Life Church - Minister

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**LANGUAGES:** English (Fluent) & Spanish (Intermediate)

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