

KRISTEN M. PROCHASKA, MA, LPC, LMHC, DCEP

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EXPERIENCE

BRIGHT MIND INTEGRATIVE PSYCHIATRY, BEND OR

NOV 2022-PRESENT

Licensed Professional Counselor. Offering Ketamine Assisted Psychotherapy (KAP) for individuals diagnosed with Axis I and Axis II Disorders, mostly major depression, anxiety and panic disorders, OCD, PTSD, and Borderline Personality Disorder & Narcissistic Personality Disorder. I sit with patients before/during/after KAP and offer short-term Integration Therapy sessions as well.

MINDFUL THERAPY GROUP, PORTLAND OR

JULY 2022-NOV 2024

Licensed Mental Health Counselor. I offered counseling for individuals, couples, and parents. I specialized in anxiety, fears/phobias, communication, life-purpose, self-esteem, and emotional intelligence training & development. I used EFT (Emotional Freedom Technique), CBT, Hypnotherapy, and Human Design as my assessment and intervention tools.

ALIGN YOUR DESIGN, LLC, BEND OR

AUG 2013-PRESENT

Life and Business Thera-Coach, Speaker, Trainer. Using my life-coach training and clinical background, I use a therapeutically-informed process in my work with entrepreneurs, CEO's, and individuals to help them communicate more effectively. I primarily use the tool of Human Design along with my clinical skills as a therapist to show individuals how to trust their intuition and master their innate emotional intelligence blueprint in order to be more productive & satisfied personally & professionally.

Additionally, I lead group programs and teach the Art of the Chart: The art & science of reading a Human Design chart and teach my Relational Energenetics™ (blending Attachment Theory, Human Design, and energy awareness) to coaches and clinicians.

SEATTLE UNIVERSITY, SEATTLE, WA

MARCH/5/2013-MARCH/26/2013

Marketing Seminar Series Alumni Relations Department. I taught a workshop series to psychology & counseling grad students and alumni around marketing their private practice in a way that is aligned with who they are naturally. We also covered mindset & managing strong emotions while networking, speaking, working with clients, and building their business.

PRIVATE PRACTICE, NORTH BEND & BELLEVUE, WA

OCT 2001-JUNE 2004 AND JULY 2010-MARCH 2013

Licensed Mental Health Counselor in Private Practice. I specialized in trauma, anxiety, depression, and body-mind issues, such as compulsive eating, weight-loss, and other

eating disorders. I also assisted men and women with work-related stress and interpersonal skills building. For those who did not meet an Axis I or II disorder, I focused on life coaching and assisting with challenging life transitions. I used both Cognitive-Behavioral and Energy Psychology methods as well as hypnotherapy when appropriate. I let my license lapse when we moved to Oregon state in 2013 and just did coaching 2013-present. (See above)

CENTER FOR HEALTH EDUCATION AND RESEARCH, SEATTLE, WA

OCT 2001 - MAY 2003

Research Consultant / Adherence Counselor for HOOP (HIV Optimal Outcomes Project). I met with triply-diagnosed participants, their case managers, and their primary care physicians to assist in coordination of care specifically around adherence to their individual HIV treatments protocols. I collected and organized data and scored research measures. I also helped to prepare journal reports for publication and I co-led a skills group as part of the intervention.

CENTER FOR HEALTH EDUCATION AND RESEARCH, SEATTLE, WA

JUNE 2000 - MAY 2001

Clinical Assessor for HOOP (HIV Optimal Outcomes Project). I conducted structured clinical interviews with men and women as part of an adherence study. I used the Structured Clinical Interview for DSM-IV (SCID) to diagnose Axis I & II disorders as well as the Brief Psychiatric Rating Scale (BPRS), Addiction Severity Inventory (ASI) and a structured questionnaire as part of the assessment protocol. The population was diverse, many of them homeless, and all met criteria for an Axis I mood disorder and substance dependence along with being HIV positive.

ALCOHOL AND DRUG ABUSE INSTITUTE, SEATTLE, WA

JUNE 2000 - APRIL 2001

Two Research Projects:

HELIX: Intervention Specialist at Evergreen Treatment Services. I was part of the intervention team on a research project looking at the use of Motivational Interviewing techniques and personalized feedback booklets with a diverse population of homeless men and women who were dependent on crack cocaine at the time they were admitted into the study.

STARRS: Assessor and Intervention Specialist. I conducted structured interviews with homeless street youth, ages 13-19, who reported binge drinking and/or drug use. I used Motivational Interviewing techniques as well as personalize feedback booklets with the participants, the goal being to reduce high risk behavior around drug and alcohol use among street youth who had no stable housing.

UNIVERSITY OF WASHINGTON, SEATTLE, WA

JANUARY 2000 - OCTOBER 2000

Dialectical Behavior Therapy (DBT) Skills Group Co-Leader and Back-Up Therapist at the Behavioral Research and Therapy Clinic. I co-led a DBT skills group as part of an NIMH-funded grant. I also provided individual therapy and crisis management for clients whose therapists were out of town.

BEHAVIORAL TECH RESEARCH, INC., SEATTLE, WA

NOV 1999 - JULY 2000

Clinical Assessor / Research Assistant. I recruited and assessed subjects for a project exploring the use of video as an adjunct to therapy with women who met criteria for borderline personality disorder. I used the Structured Clinical Interview for DSM-IV (SCID) to diagnose Axis I & II disorders, and I administered structured neuropsychological and intelligence measures.

UNIVERSITY OF WASHINGTON, SEATTLE, WA

JUNE 1997 - JUNE 2000

Mental Health Practitioner / Clinical Assessor at the Behavioral Research and Therapy Clinic. I conducted structured clinical interviews and assessments with women diagnosed with Borderline Personality Disorder (BPD) as part of two separate studies: One funded by NIMH (BPD & suicidal behaviors); and the other funded by NIDA (BPD & heroin / cocaine dependence). I am proficient in the use of the following clinical instruments: Hamilton-D (depression inventory), Addiction Severity Index Psychiatric Status (ASI), Neuropsychological Instruments, and the Parasuicide History Interview developed by Marsha Linehan, PhD. I am also proficient in the use of both the Structured Clinical Interview for DSM-IV Axis I & II disorders (SCID), and the Personality Disorders Examination (PDE). When necessary, I assessed our participant's risk of suicide and used appropriate crisis protocol for stabilization. I specialized in differential diagnosis between Bipolar Disorder and Borderline Personality Disorder and conducted assessments which were later used as evidence for legal proceedings. I also co-led a DBT group for women who were receiving treatment through the BRTC.

SOUTHWEST YOUTH AND FAMILY SERVICES, SEATTLE, WA

NOV 1996 - JUNE 1997

Americorps Volunteer with the Youth Fair Chance Project. I taught teen and adult GED classes and I co-facilitated a body-image group for teens at West Seattle High School. This group focused on self-esteem, eating issues, emotional and interpersonal skills building. Career Launch Project: I worked with youth on employment skills building through supervising their completion of community service projects.

WHATCOM COUNSELING AND PSYCHIATRIC CLINIC, BELLINGHAM, WA

SEPT 1995 - OCT 1996

Adult Outpatient Therapist & Intern. I conducted brief and long-term individual therapy with adults and teens. I also co-facilitated a woman's support group. I developed and led five hours of in-service training for my colleagues where I demonstrated the therapeutic uses of art and creative expression through experiential activities.

NORTHWEST KIDNEY CENTER, SEATTLE, WA

FEB 1995 - JUNE 1996

Research Technician and Exercise Coach for patients on kidney dialysis as part of a rehabilitation study. I recruited and interviewed participants as well as taught behavior modification techniques to a diverse population of participants in order to help them more effectively maintain the changes they experienced through exercising.

UNIVERSITY OF WASHINGTON, SEATTLE, WA

JUNE 1993 - MARCH 1994

Student Research Technician on the "Children's Friendship Project". The principle investigators were John Gottman, PhD., and Bev Wilson, PhD. I coded facial expression and the aggression children demonstrated towards their playmates and toys during play sessions.

EDUCATION

- Master of Arts, Psychology: Existential-Phenomenological Therapeutic Program, Seattle University, 1996
- Postbaccalaureat studies: Psychology, University of Washington, 1993
- Bachelor of Fine Arts, Ohio University, 1991

PROFESSIONAL CERTIFICATION AND AFFILIATION

- Oregon State Licensed Professional Counselor #C7073
- Washington State Licensed Mental Health Counselor #LH00005661
- DCEP: Diplomate of Comprehensive Energy Psychology and member of Association of Comprehensive Energy Psychology (2009-current)
- Member of The Association for Experiential Education; Therapeutic Adventure Professional Group (2000-2001)
- Certified BG5 Business Institute Human Design Analyst/Consultant
- Certified BG5 Business Institute Human Design Profit Potential Analyst + Instructor

CONTINUING EDUCATION & TRAINING

- Soul Realignment™ Practitioner Level 2-3 2025
- NBCC New Code of Ethics for Mental Health Professionals, ECare 2024
- Integration Strategies for Psychedelic Psychotherapy with Ketamine, PESI 2024
- Learning from Non-Ordinary States: Mindfulness, Compassion, & Psychedelics, PESI 2024
- Treating Adult Children of Emotionally Immature Parents Certification, PESI 2024
- Treating Suicide Risk With Competence & Care, PESI 2023
- End of Life Doula Certification, 2023
- Ketamine Assisted Psychotherapy Modules 2 & 3, Polaris Institute 2023
- Ketamine-Assisted Psychotherapy Certification, Synaptic Institute 2022
- Clarity & Wisdom: Ethics & Energy Healing (10 hours ethics course) 2022
- The Healing Trauma Program (9 months) 2022
- Intentional Creativity Coach Training (12 months) 2022
- Creating Safer Spaces: Becoming Trauma Informed for Therapists & Coaches 2021
- The Science of Energy Healing 1 (18 hour course) 2021
- MAPS Psychedelic-Assisted Therapy Seminar Series (6 hours) 2021
- BG5 Certified Human Design Instructor training 2019-2020
- BG5 Certified Human Design Business Consultant 2018-2019
- Soul Realignment™ Practitioner Level 1 2014
- Human Design, level 2 certification 2014
- Institute for Life Coach Training certification 2012-2013
- ACEP: Diplomate of Comprehensive Energy Psychology 2009-2023
- Energy Medicine, ongoing training, 2009-2010
- Certified Hypnotherapist, 2002
- Motivational Interviewing, 2000
- DBT Group Facilitation 1999-2000
- Assessment & Treatment of the Suicidal Patient (Dialectical Behavior Therapy-DBT), 1999
- Research Methods, 1998
- Wilderness Education Association (WEA) Stewardship Course: Counseling Skills for Outdoor Leaders, 1999
- Mountaineering Oriented First Aid (MOFA) & Red Cross CPR Certification, 1999

- Group Facilitation, 1996
- Art Therapy, 1996

WORKSHOPS AND PRESENTATIONS

- DragonHeart: Developing Secure, Sovereign Attachment 6-week Group 2025
- Align Your Design Integration Lab: The multi-dimensional nature of change & transformation, 2025
- Align Your Design Integration Lab: Reclaiming your Authority & Authorship of your life, 2025
- *The Art of Partnership*, 2022 An 8-week course exploring partnership/composite charts in Human Design
- *The Art of Profile*, 2022 A 3-month course exploring the Profile role gates in Human Design
- *The Art of Design*, 2021-2022 Art Therapy workshops based on Human Design
- *The Art of the Chart (level 1)*, 2021 A 4-month course for therapists & coaches on the basic elements of Human Design and using it as an adjunct to coaching & therapy modalities
- *Sacral Warrior Intensive*, 2019-2022 A 12-week course for Generators & Manifesting Generators in business
- Emotional Intelligence 2.0., 2020 Workshop presentation at Mindbody HQ, Arizona
- *Access Your Design*, 2017 Online workshop series co-facilitated with a colleague
- *Designed To Thrive*, 2016 I taught emotional intelligence, how to listen to and trust one's intuition personally & professionally and communication skills in a series of workshops from 2 hours to a full day.
- **TEDx Speaker**, 2015 "How to Get Your Kids to Listen & Engage"
- *Inner Voice Workshop*, 2013 Full-day training for 30 business people on trusting their intuition, transforming beliefs, and managing emotions
- *Dialectical Behavior Therapy (DBT) Skills Training and Adventure Therapy*; workshop presentation at the Association for Experiential Education Northwest Regional Conference, April 2000
- *In addition to these workshops & classes, I have given dozens of presentations, keynotes, break out sessions, and talks between 2012 & 2022*

PUBLICATIONS

- Relational Energenetics™: Manual & Certification (To be published in early 2026)
- Book: *Life Well Spoken: Free Your Inner Voice & Prosper*, 2013
- *Mastering Illusion: How to Trust Your Truth & Intuition in Business*, online program
- *Sacred Speaking*, a digital program on public speaking and communication
- *Sacred Path Program*, a digital program about Human Design created for my clients with emphasis on emotions, intuition & communication

VOLUNTEER EXPERIENCE

- Board Member, HUE (Hearts Unknown Education), 2022-2025
- TEDx Speaker Coach, 2018-2019
- Board Member, ConnectW Women's Networking Group: 2014-2016, 2017-2018
- Environmental Science Program; Skyline High School, Seattle, WA - 10/1999 - 5/2000
Member of the advisory committee for development of experiential programs for high school students.
- Bonney Lake WSU 4-H Ropes Course, Bonney Lake, WA - 7/1998 - 3/2000
Certified low-challenge course facilitator & member of the Women's Outdoor Adventure Group.
- King County Sexual Assault Resource Center, Seattle, WA - 2/1993 - 6/1994
Crisis Line Volunteer