

Barbara C. Griswold, LMFT

Licensed Marriage and Family Therapist (MFC 27210)

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QUALIFICATIONS /ACCOMPLISHMENTS

- ▶ Over 24 years experience providing brief cognitive-behavioral counseling and longer-term psychotherapy, including 22 years experience as an EAP and managed care program provider for over 20 insurance networks
- ▶ Author, *Navigating the Insurance Maze: The Therapist's Complete Guide to Working with Insurance – And Whether You Should* (www.theinsurancemaze.com) and e-newsletter “*What Every Therapist Should Know About Working With Insurance*”
- ▶ Presented 50 trainings/webinars for therapists on the topic of working with insurance, including CEU classes at JFK and Santa Clara Universities, Gerry Grossman Seminars, and the California Association of Marriage and Family Therapists
- ▶ In-depth understanding of managed care plan expectations, including symptom-reduction focus, medical necessity criteria, HIPAA, and coordination of care with plan care managers and other treating professionals
- ▶ Clinical specialties include
 - ▶ treatment of alcohol/substance abuse and codependency
 - ▶ high conflict couples
 - ▶ anger management
 - ▶ anxiety management
 - ▶ gay and lesbian issues
- ▶ Extensive training in goal-setting aimed at symptom-reduction, focused behavioral treatment planning, and relapse-prevention planning. In-depth knowledge of 12-Step programs and community resources
- ▶ Experienced trainer, including mandatory Sexual Harassment and Substance Abuse Trainings at employer sites and wellness workshops on Stress Management and Anger Management
- ▶ Past Member, Board of Directors, California Association of Marriage and Family Therapists (CAMFT)
- ▶ Past Member, CAMFT State Ethics Committee

EXPERIENCE

PRIVATE THERAPY PRACTICE San Jose, CA (Internship 3/88 to 7/90, Licensed 7/90 to present)

- ▶ Using primarily a cognitive-behavioral approach provides both short- and longer-term therapy to adults with a broad range of presenting problems. Provides Employee Assistance assessments and on-site worksite trainings.
- ▶ Presents trainings to public and private groups on topics including anger management and assertiveness, substance abuse, depression, suicide, and to therapists on dealing with managed care, and HIPAA

BOARD OF BEHAVIORAL SCIENCES, STATE OF CALIFORNIA (Various locations), 1992-1999

MFT/LCSW Licensure Oral Examiner

- ▶ Served for seven years as state MFT Oral Examiner, examining Marriage and Family Therapist licensure candidates

CITY OF SUNNYVALE, NOVA PRIVATE INDUSTRY COUNCIL Sunnyvale, CA, 8/90-12/92

Career Counselor

- ▶ Led seminars on job search, resume-writing, and interviewing skills to workers who had received lay-off notices from their employers, and had enrolled in job transition program
- ▶ Designed training and peer support program for staff members; supervised four consultation groups for case managers

ALUM ROCK COUNSELING CENTER San Jose, CA, 11/87-3/88

Crisis Family Counselor (Internship)

- ▶ Provided crisis-intervention and short-term behavioral counseling to low-income families with teens in crisis, with presenting problems including substance use, child abuse, runaways, and suicide threats
- ▶ Services included on-call emergency in-home crisis intervention sessions, with follow-up sessions at the counseling center

SANTEE SCHOOL ELEMENTARY SCHOOL CHILD COUNSELING / SCOPE PROGRAM San Jose, CA 9/87-6/88

Child Counselor (Internship)

- ▶ Provided behavioral therapy to at-risk children ages 8-11 referred by their teachers for emotional and behavior problems
- ▶ Coordinated treatment with school staff, parents, teachers, and Child Protective Services workers

CHEMICAL DEPENDENCY INSTITUTE HOSPITAL Campbell, CA, 9/86-12/87

Alcohol and Drug Counselor (Intern)

- ▶ As part of a multi-disciplinary treatment team in a chemical dependency recovery hospital, counseled individuals and their families in the inpatient, outpatient, aftercare, and family treatment programs
- ▶ Facilitated therapy groups, provided individual and family therapy, designed individualized treatment plans, and gave educational lectures on addiction, codependency, and recovery in treatment programs

SAN JOSE STATE UNIVERSITY COUNSELING SERVICES San Jose, CA 8/85-5/86

Counselor (Intern)

- ▶ Provided time limited (5 – 10 sessions) solution-focused counseling to individual college students and couples
- ▶ Co-facilitated two women's therapy groups

PLANNED PARENTHOOD OF SANTA CLARA COUNTY San Jose, CA 8/84-8/85

Crisis Counselor (Trainee)

- ▶ Provided crisis-intervention sessions with women, couples, and families around unplanned pregnancies, adoption, and abortion decisions

EDUCATION

- ▶ **Master of Science, Counseling Psychology**
San Jose State University, San Jose, CA (1985)
- ▶ **Bachelor of Arts in Psychology (Cum Laude)**
Syracuse University, Syracuse, N.Y. (1983)

AFFILIATIONS

- ▶ Past Member, Board of Directors, California Assn. of Marriage and Family Therapists (CAMFT) 2013 -2015
- ▶ Past Member, State Ethics Committee, California Assn. of Marriage & Family Therapists (CAMFT) 2006 – 2010
- ▶ Clinical Member, California Association of Marriage and Family Therapists (CAMFT) 1984 - present
- ▶ Clinical Member, Santa Clara Valley Chapter, East Bay Chapter, and San Francisco Chapters of CAMFT
- ▶ Past Board Member, and named "Outstanding Chapter Member 2003" of Santa Clara Valley Chapter of CAMFT
- ▶ Instructor, JFK University, Pleasant Hill, CA (Teaching Continuing Education courses on insurance), 2008-present
- ▶ Instructor, Santa Clara University, Santa Clara, CA (Continuing Education courses on insurance) 2010, 2013-4
- ▶ Instructor, Gerry Grossman Seminars, Burlingame, CA (Continuing Education courses on insurance) 2013 - 4