

▪ Helen B. Johnson

To provide individual psychotherapy to children, adolescents, and adults who suffer from mental illness or who have been traumatized and assist them reaching stability within outpatient setting.

12/2005 – Present HB Consulting & Therapy Cedar City, UT
(DBA- A Center for Emotional Health and Well-Being)

- Provide individual therapy for traumatized children of abuse, neglect, and mental illness.
- Specialize working with attachment difficulties
- Provide assessments for Iron County Attorney Office for sexual/physical abuse.
- Specialize working with Bipolar Disorder, Schizophrenia, Anxiety, Oppositional Defiance, Substance Abuse, and Depression.
- Provide contract therapy for Cedar City Mental Health Clinic for individuals who are low income/non insured.
- Provide Equine therapy for individuals, families, and couples (Eagalla Certified)
- 40 Hour Certification with Sexual/Physical Abuse Victims
- Specialize with high functioning Autism
- Extensive Continuing Education Units- Trauma with Children/Adolescents
- Contract Therapist for Special Education
- Trained in Trauma Focused Cognitive Behavioral Therapy
- Developed non-profit step down program for Reactive Attachment teenagers and adults who have completed residential but need ongoing support at lower level but are not able to return home. "Attachment Solutions for Families"
- Supervise 1 Employee and all his clients

10/2009 – 8/2012 Integrity House Cedar City, UT

Clinical Director

- Provide individual/family therapy weekly for 8 students
- Provide supervision for 1 therapist who is working towards licensure and oversaw her entire caseload.
- Hold weekly group therapy to address adoptions issues
- Hold weekly group therapy for substance abuse treatment
- Oversee clinical training of direct line staff and clinical department
- Implemented cutting edge treatment for Reactive Attachment Disorder that I developed.
- Provided trainings and groups for parents and students during parent conferences twice a year.
- Implemented "Reverse Adoption Ceremonies" for students to adopt their parents where they have the choice to choose their adoptive families.

10/17/05 – 10/15/07 Sunrise Academy Hurricane, UT

- Developed and oversaw the clinical operations of Sunrise
- Oversee treatment team meetings and ensured team cohesiveness
- Provide staff training and parent trainings
- Provide individual, family and group therapy twice weekly. Keep case notes on each session, complete an initial assessment, treatment plan, monthly progress notes, and write discharge summaries when students leave.
- Help with marketing and development of program.
- Developed level system that incorporated values that are needed in throughout life
- Developed "Reverse Adoption Ceremonies" for students who were adopted and worked through attachment issues with families.

8/2002 – 12/2005 Alpine Consulting Group Cedar City, UT

Psychotherapist

- Provide Individual therapy for child, adolescent, and adult clients who suffer from mental illness and history of trauma.
- Was supervised and trained by Linda Helquist, MFT
- Kept progress notes, and completed Biopsychosocial for each client.

1/2002 – 10/2005 Red Rock Canyon School St. George, UT

Psychotherapist

- Maintained a caseload of 14 adolescent clients in an RTC providing individual and family therapy twice weekly. Kept case notes on each session and completed an initial assessment, treatment plan, monthly progress notes, and wrote a discharge summary when clients were discharged.
- Provided Substance Abuse Groups weekly to all female students with chemical dependence issues. Hold three groups a week.
- Provided social skills groups, and anger management groups weekly.
- Was on-call supervisor when clinical director was unavailable.
- Have strong relationship with Bureau of Indian Affairs in California and South Dakota tribes.

Education

2010- 2011 Argosy University Draper, UT

- Working towards Doctorate in Counseling
- Completed 12 Credits with 4.0 gpa

2000 - 2002 University of Phoenix Provo, UT

- Masters in Counseling with Mental Health Emphasis
- Graduated with honors from Chi Sigma Iota

1994 – 1996 Southern Utah University Cedar City, UT

- B.S Psychology with minor in Sociology

1992- 1993 Utah Valley State College Orem, UT

- Associates of Art

Therapeutic Specialties

- Working with seriously mentally ill clients i.e. bipolar, schizophrenia, and major depression.
- Traumatized children 3-12 and adolescents
- Adoption issues (Reactive Attachment Disorder)
- Equine Assisted Psychotherapy, Level I
- Native American population
- 25 hours training in use of Psychodrama
- 40 Extensive hours of training in Anger, Trauma, and Addiction
- Assessments of abused children for Iron County Attorney
- 10 hours Play therapy
- 40 Crisis Intervention Sexual Abuse
- 10 hours Art Therapy
- 36 hours Trauma Focused Cognitive Behavioral Therapy
- 6 hours Prolonged Exposure Therapy for PTSD

