

533A Castro Street
San Francisco, CA 94114
415-317-0639
james@jamestherapy.com

Professional Experience

Psychotherapy Private Practice **1999 – Present**
Marriage & Family Therapist (#mfc 39252)

- Provide individual and couples psychotherapy to adolescents, adults and older adults

LYRIC/Dimensions Clinic **2001 – 2008**
Psychotherapist & Program Manager

- Provided psychotherapy, intensive case management and outreach to Lesbian, Gay, Bisexual, Transgender, Queer and Questioning (LGBTQQ) youth ages 12 to 25
- Guided transgender clients in dealing with transphobia, transitioning, and their gender expression
- Presented to mental health therapists and teachers on issues relevant to work with LGBTQQ youth
- Managed three coordinators of the Health and Wellness Team, ensuring compliance with grant contracts

Derek Silva Community **1999 – 2001**
Psychotherapist Intern

- Provided counseling and intensive case management in a residential setting to individuals diagnosed with disabling HIV/AIDS, some of whom had substance abuse and/or mental health concerns
- Intervened to resolve crisis situations and ongoing community problems

UCSF AIDS Health Project **1998 – 1999**
Psychotherapist Intern

- Counseled HIV positive clients using the Time Limited Dynamic Therapy
- Facilitated an ongoing emotional support group for HIV positive clients

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Geriatric Services West **1997 – 1998**
Psychotherapist Intern

- Counseled individuals whose aging challenges included isolation, depression, and physical decline
- Provided case management, support groups, family therapy, and crisis intervention for older clients

San Francisco AIDS Foundation **1996 – 1997**
Hotline Volunteer

- Advised a diverse population calling the AIDS hotline about the effects of HIV infection
- Educated callers about safe sex, HIV transmission, treatments, and testing sites

Saint Anthony Foundation **1994 – 1996**
Administrative Coordinator

- Provided referral and service information to the homeless client population
- Coordinated volunteers and supervised employees

Education

Master of Science in Counseling **1999**
Marriage, Family, and Child Counseling; Gerontology
San Francisco State University

Bachelor of Arts in Psychology **1994**
University of California at Berkeley

Certified Personal Trainer **2009**
National Academy of Sports Medicine

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Professional Affiliations

California Therapists for Marriage Equality
2009 - Present
California Association of Marriage and Family Therapists
1996 – Present
Gay Lesbian Bisexual Transgender Therapist Association (Gaylesta)
1997 – Present
Board of Directors for Gaylesta
2000 – 2002
Chair of Pre-License Committee for Gaylesta
2000 – 2002
GLBT Representative of SFSU's Graduate Counseling Association
1997 – 1998

Selected Workshops Attended

Hakomi Body-Centered Psychotherapy (1 year training)
Jon Eisman's 'Recreating the Self' (4 weekend training)
Hakomi Approach to Trauma Training (4 weekend training)
Time Limited Dynamic Psychotherapy (1 year training)
Bader & Pearson's Couples Psychotherapy Training (1 year training)
Eating Disorders from a Psychoanalytic Perspective (15 weeks)
Love Your Body At Any Size
RCS Psychotherapy with Couples
Addiction and Compulsion: Understanding and Managing Addictions
Harm Reduction Counseling
Anti-Oppression Work
Understanding Club Drugs
Transgender Sensitivity
Healing Religious/Homosexual Conflict Workshop
Beyond Religious Acceptance Conference
Varieties of Intimate Relationships
Clinical Competence with Arab Americans and Muslim Americans
Anger Management for Substance Abuse & Mental Health Clients
Counseling for Sex Industry Workers
The Nuts and Bolts of Adolescent Health Care: Special Considerations
Supporting Mental Health of LGBT Out of Home Youth
Law & Ethics for Therapists in the LGBT Community
Psychopharmacology
Suicide Risk & Assessment, 5150, Tarasoff Reporting and Safety Issues

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Selected Workshops Given

Gay Men Thriving @ Esalen Institute
KPFA Radio Interview regarding Impact of Sexual Abuse on Queer Youth
Cambridge Educational Video: *Coming Out in the 21st Century* (2002)
Bullies at School: Harassment of Queer Youth
Transgender 101
Gay, Lesbian, Bisexual, Transgender, Queer 101
Dangers of Ex-Gay “Conversion” or “Reparative” Therapies
Religious/Homosexual Conflict
Relaxation & Stress Reduction Methods

Professional Websites

www.jamestherapy.com

www.bodyimageconfidence.com