

FIONA E. O'FARRELL, MA, LMFT, CST
Licensed Marriage and Family Therapist & Certified Sex Therapist
Adaptive Counseling, PLLC
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EDUCATION

PACIFIC LUTHERAN UNIVERSITY, Parkland, WA, Jun 2010-Aug 2012
Master of Arts, Marriage and Family Therapy (GPA, 4.0)

WESTERN WASHINGTON UNIVERSITY, Bellingham, WA, Sept 2004-Aug 2008
Bachelor of Arts, Psychology, French Minor (GPA, 3.4)

HONORS AND AWARDS

Research Fellowship, Aug 2010-Aug 2011

Pacific Lutheran University, Parkland, WA

Description: Awarded a paid fellowship position assisting in literature reviews, research design and implementation under Dr. Tiffany Brown, LMFT.

LICENSURE

Licensed Marriage and Family Therapist (LMFT), Washington, Oct 2014-Feb 2018

Qualified Mental Health Provider (MHP)

License No. LF60508020

Washington State Approved Supervisor, Washington, Sept 2017-Present

CLINICAL EXPERIENCE

Adaptive Counseling, PLLC, Feb 2014-Present

Sex and Intimacy Therapist, Seattle, WA

Description: Owner, of a private practice, providing mental health therapy to individuals, couples and families. Provides supervision to associates practicing in Washington state working towards full licensure.

Conscious Connections Denver, Nov 2013-Feb 2014

Couple and Family Therapist, Denver, CO

Description: Private practice contract position providing mental health therapy to adolescents and adults.

Navos, Aug 2011-Sept 2013

Child and Family Department, West Seattle, WA

Description: Staff therapist providing counseling to Medicaid qualifying recipients; including individuals, families, and children in both a clinical and a school-based setting.

Couple and Family Therapy Center, June 2011-June 2012

Pacific Lutheran University, Parkland, WA

Description: Internship experience providing therapy to low-income families, couples and individuals under MFT training program.

TEACHING EXPERIENCE

Director of Sex Therapy Programs, Antioch University, Seattle, WA Sept 2018-Present

Build and implement certificate programs in Sex Therapy including curriculum design, accreditation application and approval, student advising and marketing strategies.

Workshop: Commitment Preparation and Premarital Therapy, Adaptive Counseling, PLLC, Feb 2018

Full day training in designing and implementing premarital therapy package for clinicians in private practice

Teaching Faculty: Antioch University,

Participate in student advising, program development, and instructor of the following courses:

- *Human Sexuality*, Master of Arts in Couple and Family Therapy
- *Sexual Attitude Reassessment*, Master of Arts in Couple and Family Therapy
- *Diversity in Sexual Expression*, Master of Arts in Couple and Family Therapy
- *Clinical Case Consultation*, Master of Arts in Couple and Family Therapy
- *Assessment and Treatment in Family Systems*, Master of Arts in Couple and Family Therapy
- *Fundamentals of Sex Therapy*, Master of Arts in Couple and Family Therapy
- *Systems Perspectives in Family Therapy*, Master of Arts in Couple and Family Therapy

Guest Lecture: Using Narrative Therapy, Pacific Lutheran University, Parkland, WA, July 2017

Guest lecturer to Masters level counseling students about case conceptualization using narrative therapy.

Guest Lecture: Working with Couples, University of Washington, Seattle, WA, Nov 2017

Guest lecturer to undergraduate psychology students studying theories of love and intimacy.

Affiliate Faculty: Antioch University, Seattle, WA Sept 2017-Dec 2018

Instructor of the following courses:

- *Counseling Sexual Minorities*, Master of Arts in Couple and Family Therapy.
- *Advanced Theory: Brief Therapies*, Masters of Arts in Clinical Mental Health Counseling.

Clinical Shift Supervisor: Bastyr Center for Natural Health, Seattle, WA, Jun 2016-Sept 2017.

Supervise a group of 6 graduate students during clinical counseling shifts. Provide feedback and direct each student in clinical skills and interventions via live-circuit television. Approve all documentation completed by student clinicians.

Adjunct Faculty: Bastyr University, Kenmore, WA, Apr 2015-Present.

Instructor of the following courses in the Health Psychology Department:

- *Positive Development and Social Advocacy for Adolescence through Adulthood*, Undergraduate Psychology Program.
- *Family Systems*, Master of Arts in Counseling Program.
- *Psychology of Human Sexuality*, Master of Arts in Counseling Program.

- *Practicum Seminar II & III*, Master of Arts in Counseling Program.
- *Assessment and Treatment of Children and Adolescents*, Master of Science in Nutrition and Clinical Health Psychology Program.
- *Family Systems Online Supplemental*, Master of Science in Nutrition and Clinical Health Psychology Program.

Workshop: Sex Positive Therapy and Practice, WAMFT Networking Event, Seattle, WA, Feb 2015.
Presenter, one hour workshop about incorporating a sex-positive stance in clinical practice.

Workshop: Our Evolving Sexuality, Firefly Energy Center, Gig Harbor, WA, Oct 2014
Co-Host, two hour workshop about human sexuality over the course of development.

Guest Lecture: Preparation for Court, Pacific Lutheran University, Parkland, WA, March 2014
Guest Lecturer for therapists-in-training for their class on Ethics and Law about preparation for involvement in court proceedings.

CERTIFICATIONS

American Association for Sexuality Educators, Counselors, and Therapists, Certified Sex Therapist
Completed, Nov 2018

The Developmental Model for Couples Therapy, Level I, The Couples Institute
Completed, Sept 2016

Gottman Method Couples Therapy, Level I, The Gottman Institute
Completed, May 2017

PUBLICATIONS AND PRESENTATIONS

American Association for Marriage and Family Therapy National Conference, Oct 2013
Poster Presentation: Military Families' Experience of Grief and Facebook: A Phenomenological Study.

AFFILIATIONS

American Association for Sex Educators, Counselors, and Therapists (AASECT)
Clinical Member, member since 2016

Family Systems Northwest (FSTNW)
Sustaining Member, member since 2016

American Association for Marriage and Family Therapy (AAMFT)
Clinical Fellow, member since 2010

RESEARCH EXPERIENCE

Research Interviewer, May 2014-May 2016
University of Washington: Seattle Social Development Group, Seattle, WA

Description: Complete field interviews on the Seattle Social Development Project, a longitudinal study investigating health, environment, and development into adulthood.

The Intergenerational Project, 2015-2016

Sponsoring Agency: National Institute of Drug Abuse

University of Washington, Seattle Social Development Group, Seattle, WA

Principal Investigator: Jennifer A. Bailey

Purpose: Longitudinal study that examines the effects and mechanisms of action of parental and grandparental drug use on child development.

Seattle Social Development Project: Environmental Mechanisms for Adult Health, 2014-2015

Sponsoring Agency: National Institute of Health and National Institute of Drug Abuse

University of Washington, Seattle Social Development Group, Seattle, WA

Principal Investigator: Rick Kosterman, PhD

Purpose: Longitudinal study investigating healthy behaviors and social development from childhood through adulthood.

Research Assistant, Nov 2013-Feb 2014

Colorado State University, Fort Collins, CO

Description: Assist with data analysis and review of ongoing programs at the university's therapy training center.

Military Families' Experience of Grief and Facebook: A Phenomenological Study, 2011-2013

Pacific Lutheran University, Parkland, WA

Principal Investigator: **Fiona E. O'Farrell, MA**

Purpose: Understand the grieving experience through Facebook for gold star family members who have lost a member during active military duty.

Research Coordinator II, Aug 2011-Mar 2013

University of Washington, Seattle, WA

Description: Design, implement and disseminate results of behavioral studies associated with eating habits, accessibility to food, and diet.

Seattle Obesity Study II, 2011-2013

Sponsoring Agency: National Institute of Health

University of Washington, Seattle, WA

Principal Investigator: Adam Drewnowski, PhD

Purpose: To explore social disparities in food shopping and food consumption habits among residents of Seattle/King Co.

Assessing the Impact of Menu Labeling in Schools, 2010-2013

Sponsoring Agency: Robert Wood Johnson Foundation

University of Washington, Seattle, WA

Principal Investigator: Adam Drewnowski, PhD

Purpose: To explore food choices in high school cafeterias accounting for variations in calorie labeling and education around food intake.

Evaluating the Effect of Palatintose™ and Fructans on Appetite and Food Intake, 2011-2012

Sponsoring Agency: BENEIO GMBH

University of Washington, Seattle, WA

Principal Investigator: Adam Drewnowski, PhD

Purpose: To assess the impact of novel carbohydrates and fructans on appetite and hunger.

Medical Provider's Perspective of Non-Suicidal Self-Injury, 2010-2011

Pacific Lutheran University, Parkland, WA

Principal Investigator: Tiffany Brown, PhD

Purpose: Create collaborative approach with medical providers in understanding perspectives around screening techniques for non-suicidal self-injury through a mail-in survey.

Effects of Monosodium Glutamate on Hunger and Satiety, 2010-2011

Sponsoring Agency: Ajinomoto U.S.A., Inc

University of Washington, Seattle, WA

Principal Investigator: Adam Drewnowski, PhD

Purpose: To assess the impact of monosodium glutamate in soups on hunger and appetite.

Research Assistant, Mar 2009-July 2011

University of Washington, Seattle, WA

Description: Assisted in implement and data collection of behavioral studies with the department of Nutritional Sciences and Epidemiology.

Effects of Glutamate Supplementation on Hedonics of Sodium, 2009-2010

Sponsoring Agency: Ajinomoto U.S.A., Inc

University of Washington, Seattle, WA

Principal Investigator: Adam Drewnowski, PhD

Purpose: To evaluate the taste characteristics of soups and juices containing various amounts of sodium, calcium di-glutamate and glutamic acid.

The Effects of Dietary Fiber on Satiety, 2008-2009

Sponsoring Agency: The Beverage Institute

University of Washington, Seattle, WA

Principal Investigator: Adam Drewnowski, PhD

Purpose: To explore the impact of fiber in satiety using three beverages at differing levels of energy density and caffeine.

Effects of Soluable and Insoluable Fibers on Hunger and Satiety, 2008-2009

Sponsoring Agency: Tate & Lyle Ingredients America, Inc.

University of Washington, Seattle, WA

Principal Investigator: Adam Drewnowski, PhD

Purpose: To explore whether soluable fiber promotes satiety.

Seattle Obesity Study I, 2008-2010

Sponsoring Agency: National Institute of Health

University of Washington, Seattle, WA

Principal Investigator: Adam Drewnowski, PhD

Purpose: To explore social disparities in food shopping and food consumption habits among residents of Seattle/King Co.

Momentary Reports of Social-Evaluative Threat Predict Ambulatory Blood Pressure, 2008

Western Washington University, Bellingham, WA

Principal Investigator: Barbara Lehman, PhD

Purpose: To investigate the correlation between naturally occurring social-evaluative threats and the effect of situational control and social-evaluative threat on cardiovascular functioning.

Rejection Sensitivity related to Self-Esteem, Social Support and Emotional Evaluation in College Students, 2008

Western Washington University, Bellingham, WA

Principal Investigator: Barbara Lehman, PhD

Purpose: To investigate the relationship of college's students' perception of rejection sensitivity to individual ratings of self-esteem, social support and emotional evaluation.

VOLUNTEER EXPERIENCE

Red Waggin Rescue, Washington, Feb 2016-Present

Volunteer Pet Foster Parent

The Gottman Institute, The Gottman Summit, Seattle, WA Oct 2015

Event Volunteer

American Association for Marriage and Family Therapy, Dec 2013-Jan 2014

Abstract Reviewer

American Red Cross, Oct 2013-Present

Northern Colorado Chapter

Mental Health Disaster Responder

Alzheimer's Association, Feb 2010

Seattle, WA

Fundraising Volunteer

Aurobindo Ashram, Sept-Dec 2008

New Delhi, India

English Teacher, Vocational Training Program

INTERESTS AND OTHER QUALIFICATIONS

PADI Certified Advanced Scuba Diver.

Passionate about hiking, bicycling, and being outdoors.
Knowledge of the French language and culture.