

DeAnza Spaulding, PhD, MA, LMHCA
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Education

PhD, The Chicago School of Professional Psychology, 2018
MA, Counseling Psychology, Western Seminary of Seattle, Seattle, WA, 2002
BS, Sociology, Central Washington University, Ellensburg, WA 1999

Current Position

Private practice of psychotherapy for individuals and couples,
2008- present

- I provide psychotherapy to clients 18 years and older on a variety of topics, including dealing with trauma from abuse (such as domestic violence or sexual assault), depression, anxiety, dissociation, disordered eating, self-harm, sexuality, spirituality and couples therapy.
- I specialize in working with sexual and ethnic minority populations. I offer cultural competent treatment models that understand power dynamics, privilege, discrimination and empowerment.
- I provide workshops and presentations to groups on dynamics surrounding multi-cultural competency and privilege.
- I provide a 6-week pre-marital course for couples preparing for marriage.

The Seattle Institute of East Asian Medicine | Adjunct Instructor
Seattle, 2013- present

- Teach the Professional Issues and Communications & Referral Class which include the following objectives:
 - Instruct Acupuncturists on how to be active listeners with patients
 - Motivational Interviewing Theory & Techniques
 - Laws & Regulations for EAMP's for Professional Conduct and Mandated Reporting
 - Assessment of patients for referrals to mental health care providers

Michigan State University | King County Domestic Violence Researcher, Seattle, 2017-2018

- Complete interviewer training and demonstrate high proficiency in interviewing techniques

- Possess a strong working knowledge of study protocols and ensure data accuracy
- Accurately conduct participant interviews and safely transfer data electronically
- Maintain detailed and accurate records
- Maintain confidentiality of research participants
- Meet with the research team on an ongoing basis
- Complete IRB training

The Center of Multicultural and Diversity Studies | The Chicago School of Professional Psychology | Fellow
Seattle, 2013- 2015

- Facilitate GoToMeeting sessions with staff and students
- Editor of the Diversity Times Newsletter
- Manage the CMDS webpage
- Attend 6 leadership trainings over the course of the academic year
- Develop projects and events that will promote multicultural awareness throughout the school
- Advertise and promote the CMDS throughout the Online campus community
- Provide consultation to students, faculty, and staff on multicultural issues, challenges, and research
- Assist the school in its commitment to diversity and multicultural awareness
- Research assistant to Dr. Robert Cleve

Past Clinical Experience

The Emily Program, Specialized Populations Consultant, Seattle, 2013-2015

- Providing consultation to mental health therapists and dieticians on effective and culturally competent services to Asian American clients struggling with eating disorders

Associate Pastor of Justice & Compassion with a specialization in counseling, Quest Church, Seattle, 2003-2012

- I served and led a multi-cultural, multi-generational community of 400+ men, women and children. 60% of the congregation population is Asian-American/Pacific Islanders.
- Led counseling services to individuals and families. I specialized in therapy and support to Asian-American men and women with an emphasis on cultural competent treatment models, stigma, isolation/displacement, oppression/discrimination, family systems, negative effects of the model minority myth and transgenerational trauma.
- Provided pastoral care to congregants seeking spiritual direction, healing emotionally and restoration in relationships.
- Provided supervision to social outreach staff & volunteers.

Community Center Director, Quest Community Development, Seattle, 2003-2008

- Co-pioneered the Quest Community Development (QCD) as a new non-profit project of outreach and engagement to our neighbors in the Ballard area.
- Provided supervision of program interns, volunteers and staff.
- Developed tutoring and after school programs for children ages 4-18.
- Developed computer center for senior citizens.
- Led advisory team to strategize for fundraising and program direction.

Resource Coordinator & Case Manager, Self-Managed Housing Program, Seattle 2003-2005

- Provided oversight for transitional housing program.
- Specialized in providing counseling services to ethnic minorities.
- Coordinated client's life goals with resource providers.
- Provided advocacy and crisis intervention for legal advocacy; counseling agencies for medical, mental, physical, social and educational needs.

Case Manager, Friends of Youth, Redmond, 2002-2003

- Provided oversight and leadership for the Redmond transitional housing program.
- Specialized in providing counseling services to ethnic minorities. This was an important element to our outreach in Redmond.
- Worked closely with law enforcement agencies, schools, health, and welfare agencies.
- Coordinated education and skills building events for clients.
- Facilitated family reconciliatory services.

Advocate, Domestic Violence & Sexual Assault Services, Ellensburg, 1998-1999

- Oversaw emergency domestic violence shelter.
- Provided 24-hour on-call support for victims of domestic violence or sexual assault.

Awards

American Psychological Association | Division 52 Video Winner | June 2016
 Edward Alexander Bouchet Graduate Society | Yale Graduate School | April 2015
 Inhabit Enterprise Challenge Winner | Inhabit Conference | April 2013

Professional Affiliations

Associate Licensed Mental Health Counselor, State of Washington
 Evangelical Covenant Church Ministerium/Chicago, Seattle, 2010

Grants

North Pacific Conference, \$10,000, 2003
 The Seattle Foundation, \$20,000, 2004

Teaching & Presentations

Professional Communication & Issues, Adjunct Faculty, Seattle Institute of Oriental Medicine, Seattle, 2016

To Tell or Not To Tell: Latina Immigrants, Acculturation & Domestic Violence Disclosures, Bouchet Graduate Society, Yale Graduate School, April 2016

Auto Cuidado, Self-Care presentation for educators in Peru, Colegio Mayor Secundario, April 2016

Intervention Recommendations for the Wellbeing of Migrant Children in Shanghai, Presentation, Stepping Stones, April 2015

The Hunting Ground: Panel discussion on rape culture on campus, Thank God for Sex, January 2015

Give Me Sex Jesus: Panel discussion on sexuality and Christianity, Thank God for Sex, September 2015

Heavy Lay the Chains: Panel presentation on Racialization and Politics, Quiet, Seattle, July 2013

Dealing with Difficult Students: Creating a culture of compassion, communicating expectations and establishing boundaries, Continuing Education Presentation, Seattle Institute of Oriental Medicine, Seattle, May 2013

Loving Ourselves in Change & Transition, Presentation on Major Life Transitions, Emmanuel Internship Program, Seattle, May 2013

Asian Identity, Shame & Faith, Presentation on Culture, Identity Formation & Faith, University of Washington Asian American Christian Fellowship, Seattle, May 2013

Spinning into Butter, Panel Presentation on Race, Identity Formation & Higher Education, Quiet, Seattle, March 2013

Renew Therapeutic Networks: Therapy for underprivileged women, The Inhabit Enterprise Challenge, The Inhabit Conference, Seattle, April 2013

Radical Reliance leads us to Radically Serve, Emmanuel Community, Seattle, April 2013

God with Us: A Palm Sunday Reflection, Emmanuel Community, Seattle, March 2013

Social Justice: Why Esther is still relevant today, Emmanuel Community, Seattle, October 2012

We are connected: How Human Development parallels the natural world, Emmanuel Community, Seattle, September 2012

Trojan Women, Panel Presentation on Homelessness in Seattle, Quiet, Seattle, March 2012

Why the Homeless? Trainings & Workshops, The Bridge Care Center & Quest Church, Seattle, 2005-2012

Storytelling: The Integration of Faith and Psychology, Seattle Pacific University's Psychology & Faith Forum, Seattle, February 2012

Radical Acceptance is the passageway to Radical Transformation, Quest Church, Seattle, May 2012

What's in a name? How identity is formed, Quest Church, Seattle, March 2012

Second Chances: How restorative justice can change our world and expand our capacity for compassion, Quest Church, November 2011

Renewal: Wholeness & Restorative Healing from the Inside- Out, Quest Church, September 2011

Premarital Course: Theology of family, Bringing together Cultures, Sexuality & Connectivity, Quest Life Course, September 2011

Personal growth is nurtured in the life of community, Quest Church, August 2011

Nehemiah, Justice, & Transformation: Tearing down barriers that keep us from wholeness, Quest Church, August 2011

A Ferocious Love: How we know and grow in love, Quest Church, January 2011

Unity: Maintaining Unity while living in a Divided World, Quest Church, April 2010

Pick-Up Artist: The Musical, Panel Presentation on Domestic Violence, Quiet, Seattle, October 2010

Raising Kids with Faith, Global Village/Quest Life Course, January 2010

Tender Boldness: Being Broken is Beautiful, Women's Night of Worship, April 2009

Why the homeless? Panel Facilitator, Quest Justice & Compassion, January 2009

Pillars to Build an Honoring Marriage: Covenant, Intimacy, Empowerment, Grace, Quest Church, March 2008

Making Tradition Our Own, World Aid, Thailand, August 2007

Compassionately Hearing the Other, Faith & Race Forum, Seattle, October 2006

Reaching out—Who's responsibility is it to care for the homeless?, Urban Impact, Seattle, January 2005

Project Lead & Facilitation

Renew Therapeutic Network (Pro-Bono/Reduced rate therapy for homeless women survivors of domestic violence), Founder, Seattle, Current

The Bridge Care Center, Program Founder & Director, Seattle, 2010-2012

- Raised \$70,000 to open a drop in center with clothing bank, meal program and case management services for homeless community in the greater Seattle area.
- Secured 2,000 sq. ft. office facility for 4-year term in Ballard for free.
- Opened in March of 2011 and developed structure to respond to the need. Currently we have served over 250 people through the center and work with approximately 50 people a day.
- Developed structure & curriculum for case management and counseling services at the Bridge Care Center.

To the Streets, Program Founder & Director, Seattle, 2005-2012

- Developed a program to respond to the immediate need for resources (such as clothing, food & shelter) for the homeless community.
- Led volunteer groups to distribute resources on the corner of 15th & Market in Ballard every month.
- Raised and distributed over 4,000 units of clothing.

Quest Justice & Compassion Benevolence Fund, Lead Associate Pastor, Seattle, 2008-2010

- Develop Benevolence Fund and Budget for member congregants, review applications, submit qualified applicants to Elder Board and release funds to approved applications.
- Coordinated financial and personal counseling resources when needed.

Community Development Foundation, Lead Associate Pastor, Seattle, 2008-2012

- Develop the Community Development Foundation, review applications, and make recommendations to the board and release funds to projects that fit the criteria of the foundation.
- Released grants to partner organization: Aurora Commons, \$5,000, Homelessness, Seattle
- Released grants to partner organization: Plymouth Housing Group, \$500, Homelessness, Seattle
- Released grants to White Center Food Bank & Ballard Food Bank, \$2500, Homelessness, Seattle

Quest Life Course, Lead Associate Pastor, Seattle, 2009-2012

- Created program for classes and events for different life stages (such as parenting, dating, pre-marital and marriage, aging and grief).
- Coordinated events and classes with staff and church calendar.

Giving Tree, Program Founder & Director, Seattle, 2003-2012

- Raised gifts for low-income children and families around the holidays.

World AIDS Day, Event Lead, Seattle, December 1, 2007-2010

- Organized fundraiser and viewing of A Closer Walk for World AIDS day.

Sacred Intimacy, Conference Lead, Seattle, May 2009

- Organized class for married couples on the topic of deepening intimacy and connection.
- Advertised & recruited 40 couples for the event.

Faith & Race, Planning & Teaching Committee, Seattle, October 2006, October 2008 & January 2010

- Developed teaching conference & curriculum on racial dynamics, multiculturalism and white privilege.

Faith & Gender, Planning & Teaching Committee, Seattle, October 2009

- Developed teaching conference & curriculum on women in leadership, gender identity and egalitarian theology in the church.

Art SPEAK, Program Lead & Event Coordinator, Seattle, April 2010

- Organized a conference to explore how art can be utilized to elevate justice issues.
- Raised funds for Nickelsville, a homeless encampment, in Seattle through art & music exhibit.

Thailand / Burma Vision and Partner Evaluation Trip, Team Member & Partner Assessment, Thailand, August 2007 & November 2011

- Evaluated potential partners and projects for funding for outreach initiatives in Thailand. Collected field data and stories to present to Global Presence Advisory Team and Quest Elder Board.

Mystery of Hope, Support Facilitator on issues of Depression & Anxiety, Seattle, January 2008

Wounded Heart, Supervising Associate Pastor for Support Group to Survivors of Sexual Abuse, Seattle, January 2007

Q Café, Café Manager, Seattle, January 2006- 2008

- Managed the café's daily operations, scheduling & training baristas, ensured the café had supplies to produce a quality product and worked with Finance administrator on budgets and bank deposits.

Live Music & Arts, Program Director, Seattle, 2003-2008

Open Mic, Program Director, Seattle, 2003-2008

Senior Computer Center, Program Director, Seattle, 2003-2008

- Developed Computer courses for Senior citizens in conjunction with the Mayors Office Senior program.

THRIVE, Program Director, Seattle, 2003-2008

- Developed an arts & poetry program for United Indian youth home.

Kid REACH, Program Director, Seattle, 2003-2008

- Tutoring program for elementary age children.

Volunteer

Valley & Mountain, Board member, Seattle, 2017-present

The Chicago School of Professional Psychology, International Psychology, Ambassador's Club, 2014-2016

Chamwino Connect, Consultant, Tanzania, 2013

Film, Faith, Justice, Planning Committee, Seattle, 2009 & 2010

Nickelsville, Housing Advocate, Seattle, 2010

One 4 One, Outreach Consultant, Seattle, 2010

Partnerships

World Relief, Refugee Relocation, Seattle, 2005-2009

World Aid, Internally displaced people & Refugees, Burma/Thailand, 2007-2012

SOLD Project, Sex Trafficking, Thailand, 2010

One 4 One, Street Outreach, Seattle 2010-2012

Union Gospel Mission, Homeless Advocacy & Resource, Seattle, 2012