

Curriculum Vitae
Updated October, 2011

Marlon Familton, MA, LMHC

It is a pleasure to present myself to the field of counseling and to all those I will have the privilege of meeting. My background in supporting others through challenge and change began in 1999 when I started coaching competitive cyclists while being a stay-at-home dad. Over the last nine years I have added other types of athletes to my roster, trained in and worked with clients on corrective exercise as well as personal training, nutrition, wellness and lifestyle issues.

In 2006 I entered a Master of Arts program at the Leadership Institute of Seattle (LIOS) at Bastyr University and studied counseling from a family systems perspective. LIOS is a unique program, experientially based and focused intensely on self awareness and relationships, including group membership, leadership and observation. This background forms the foundation of my move into family and couples therapy. I am now working in community mental health where I see the true strength of the human spirit.

Since I have a focus on couples and families, I believe it is relevant for you to know my history. I am a divorced father of one child age 12, and through that experience live the reality of how relationships can self destruct creating an impact on many areas of one's life. I also have firsthand knowledge of how the current adversarial divorce process is a social crime. Thankfully I have found love and happiness, yet understand the continual challenge of building and maintaining healthy loving relationship and blending families, even with a perfect mate. These life experiences have allowed me to find and work in my calling, which is simply to help people connect their hearts and foster a stronger future together.

Very Truly Yours,

Marlon Familton

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Table of Contents

Introduction Letter

Table of Contents

Resume

Former Clinical Supervisors

Professional Memberships

Clinical Internship

LIOS Master of Arts – Systems Counseling – Course Syllabi

LIOS Master of Arts – Systems Counseling – Reading List

Education/Training

- Master of Arts – Applied Behavioral Science, 2006 - 2008
Leadership Institute of Seattle (LIOS)
- Restoring and Revitalizing Marital Sexuality, Barry McCarthy, PhD, 2011
- Healing Affairs using EFT, Scott Woolley PhD, 2011
- Transforming the Difficult Child; The Nurtured Heart Approach, Howard Glasser, 2011
- Teens and Technology Addiction, Hilarie Cash, PhD, 2011
- Sexual Addiction and Infidelity Dynamics, Rob Baker, LMFT, 2011
- Understanding Personality Disorders, Joseph Shannon, PhD., Institute for Brain Potential, 2011
- Byron Katie “Relationships are Hell. Is it true?” workshop, 2011
- Psychobiological Approach to Couples Therapy® - Stan Tatkin PsyD
Seattle Training Group - 2009
- Emotionally Focused Therapy - Core Skills Training, 2009
- Advanced Lifespan Integration Training - Peggy Pace, 2009, 2010
- Becoming a Love and Logic Parent - Instructor Training, Jim & Charles Fay, 2009
- Motivational Interviewing - 2009
- Gottman "Loving Couples Loving Children" training, 2008
- Emotionally Focused Therapy Externship, 2008 + ongoing supervision
- Mediation Training – Dispute Resolution Center – Snohomish, WA - 2008
- Bachelor of Arts in Business Administration, 1986
Western Washington University, Bellingham Washington
- NSCA Certified Strength and Conditioning Specialist, 2004
- Certified Advanced Metabolic Typing Advisor, 2006

Career History**Psychotherapist – Collaborative Couples & Family Counseling, Bellevue, WA 2008 –**

Couples/marriage therapist for couples in distress in their relationship. Working directly with partners in emotional situations to help deescalate their relationship cycle, re-engage with their partner and restructure their relationship dynamics to be able to work together to create a positive cycle that strengthens their relationship.

Case Manager / Psychotherapist - Navos Mental Health Solutions, Burien WA 2009 - 2011

Case manager and psychotherapist; worked with adults battling depression, bipolar, borderline personality disorder, schizophrenia and other difficult mental illnesses. Aided clients in understanding medication, skill enhancement for emotional regulation, provided individual and couple’s therapy and facilitated groups. Prepared and implemented treatment plans for a sixty-five person case load.

CTAV Workshop Facilitator – Relationship Research Institute, Seattle WA 2008 – 2009

Co-facilitator of a twenty-two week curriculum developed by Dr. John Gottman, aimed to enhance relationship quality for married and unmarried couples with a lower income and who are experiencing conflict in their relationship. Through the curriculum, provides couples with the information and skills to help improve their relationship; serve as a resource and support for couples during each group.

Therapist Intern, Navos (Highline West Seattle Mental Health), Burien WA 2007 – 2008

Therapy/counseling of individuals and couples, adults age nineteen to sixty in a community mental health environment. Managed a case load of ten to twelve clients, maintained required case notes and communication with case managers and supervisor.

Facilitated Team Solutions, a weekly psycho educational course for clients. Developed and facilitated “Relationships 101”, a group for helping individuals learn how to be more effectively at building and maintaining relationships with family, friends and partners.

Owner: Dynamic Sports Training, Redmond, WA. 2001 – 2007

Cycling: Focused on coaching and supporting individuals and teams that ride and race bicycles. Responsibilities prioritized around working with clients one-on-one to determine and set goals, manage life and training schedules, manage stress and crisis, as well as create and implement plans. Support provided via in-person, phone and email contact.

Personal Training: Working out of the Redmond Athletic Club, services include personal training for performance, health maintenance, weight loss and injury rehab. After working closely with individual clients to determine their intrinsic motivation and goals, the main duty includes attending to the client on a weekly basis to support, encourage and guide their journey toward life and fitness changes.

Former Clinical Supervisors

*The following individuals were engaged as clinical supervisors for my psychotherapeutic work

Mark E. Mirante, M.A., LMFT
AAMFT Approved Supervisor
2020 NE 65th Street
Seattle, WA 98115
Phone 206-369-1103

Yolanda von Hockauf, M.Ed., R.M.F.T.
Founding Director, Vancouver Couple & Family Institute and Centre for EFT Training
Suite 270, 828 West 8th Avenue
Vancouver, B.C. V5Z 1E2
Phone 604-677-3286 ext.104
Fax 604-677-3289
info@vcfi.ca

Professional Memberships

- Associate member American Association of Marriage & Family Therapists
- Washington Association of Marriage & Family Therapists

References

Supervisor at Navos Mental Health: 2009 – 2011

Peggy Wuest, LMHC
1010 S 146th Street
Burien, WA 98168
Ph. 206-439-2622
Peggy.Wuest@navos.org

Supervisor at Navos internship: 2007 - 2008

Carol Dewhurst, MS, MSW
Case Manager, Intern Supervisor
1010 S. 146th
Burien, WA 98168
Ph. 206-439-2523
Carol.Dewhurst@navos.org

Key Faculty while at LIOS: 2006 - 2008

Sherene Zolno
Leadership Institute of Seattle
4010 Lake Washington Blvd, Suite 300
Kirkland, WA 98033
(425) 968-3400

Clinical Internship

Navos Mental Health Solutions (formerly Highline West Seattle Mental Health)

Timeline: September 2007 to June of 2008

Hours: 610 hours, 200 client contact hours

During my time at Navos I served as a Master's level intern therapist. I was responsible for contacting clients, arranging appointments and offering therapeutic interventions in client's lives.

Navos is located in Burien Washington and considered one of the cutting edge agencies in the country since it focuses on recovery instead of pathology. I worked in the adult services department supporting clients of all ages from nineteen to sixty with a good balance between individuals and couples. Clients presented with a huge variety of issues including Axis One diagnosis such as Depression, Bi-polar, PTSD and Schizophrenia as well as Axis two diagnosis such as Borderline as well as those who are developmentally delayed.

I was intentional about working with couples and successful at intervening in a fashion that strengthened their relationships. My orientation focused on unacknowledged feelings, however I used Emotionally Focused Therapy, Bowen, Strategic and Narrative Therapy styles as a foundation of my work.

Supervisor:

Carol Dewhurst, LSW
Navos Mental Health Solutions
1010 S. 146th Street
Burien, WA 98168
206-439-2523

LIOS Master of Arts program –Systems Counseling – Course Syllabi
Attended Fall 2006 to Spring 2008

Core Curriculum

- Adult and Experiential Learning
- Human Diversity in Systems
- Group Membership
- Group Development
- Family of Origin Theory and Practice
- Systems Theory in the Applied Behavioral Sciences
- Statistics and Research Methodologies
- Organizational Development
- Fundamentals of the Counseling and Coaching Relationship
- Creating Healthy Social Systems
- Group Leadership

Systems Counseling Track

- Professional Ethics and Laws
- Human Development and Life Cycle
- Models of Understanding Problem Behavior
- Methods of Systemic Assessment and Diagnosis
- Research in Marriage and Family Therapy
- Professional Studies
- Human Sexuality
- Systemic Theory and Process
- Couple and Family Therapy
- Systemic Practicum
- Counseling Internship
- Professional Seminar

SYSTEMS COUNSELING READING LIST

BOOKS:

- Aguilera, D. C. (1998). *Crisis intervention: Theory and methodology* (8 th ed.). [ISBN: 0815126042]
- Ahrons, C. (1998). *The good divorce: Keeping your family together when your marriage comes apart*. [ISBN: 0060926341]
- Albers, L. J., Reist, C., & Hahn, R. K. (2005). *Handbook of psychiatric drugs*. [ISBN: 1929622619]
- (MM) American Psychiatric Association. (2000). *Diagnostic and statistical manual of mental disorders: DSMIVTR* (4 th ed., text rev.). [ISBN: 0890420254]
- Anonymous. (1972). *Family interaction: A dialogue between family researchers and family therapists*. Toward the differentiation of a self in one's own family. [ISBN: 0826112110]
- Austad, C. S., & Berman, W. H. (Eds.). (1998). *Psychotherapy in managed health care: The optimal use of time and resources*. Brief intermittent therapy throughout the life cycle (pp. 3545). [ISBN: 1557983143]
- Beavers, W. R., & Hampson, R. B. (1990). *Successful families: Assessment and Intervention*. [ISBN: 0393700917]
- Becvar, D. S., & Becvar, R. J. (2005). *Family therapy: A systemic integration* (6 th ed.). [ISBN: 0205446949]
- Bellman, G. M. (2000). *The beauty of the beast: Breathing new life into organizations*. [ISBN: 1576750930]
- Bellman, G. M. (2001). *Getting things done when you are not in charge* (2 nd ed). [ISBN: 1576751724]
- Bennett, B. E., Bryant, B. K., Vandebos, G. R., & Greenwood, A. (1990). *Professional liability and risk management*. [ISBN: 1557981019]
- Bennett Goleman, T. (2001). *Emotional alchemy: How the mind can heal the heart*. [ISBN: 0609607529]
- Bertolino, B., & O'Hanlon, W. H. (2002). *Collaborative, competency based counseling and therapy*. [ISBN: 0205326056]
- Breunlin, D. C., Schwartz, R. C., & Mac Kune Karrer, B. (1997). *Metaframeworks: Transcending the models of family therapy*. A conversation about metaframeworks, & The metaframeworks perspective (pp. 318 & 1954). [ISBN: 0787910708]
- Budman, S. H. (Ed.). (1981). *Forms of brief therapy*. Integrative marital therapy: Toward the development of an interpersonal approach (pp. 415457). [ISBN: 0898629004]
- Capra, F. (2004). *The hidden connections: A science for sustainable living*. [ISBN: 0385494726]
- Carter, B., & McGoldrick, M. (Eds.). (2005). *The expanded family life cycle: Individual, family, and social perspectives* (3 rd ed.). [ISBN: 0205488293]
- Carter, B., & Peters, J. K. (1996). *Love, honor and negotiate: Making your marriage work*. Divorce: The ultimate renegotiation (pp. 260279). [ISBN: 0671896253]
- Cohen, A. M., & Smith, R. D. (1976). *The critical incident in growth group: Theory and technique*. Appendix: Behavioral characteristics (pp. pp. 271280) ; The intervention cube (pp. 87113) ; (pp. 169181) ; Underlying group processes (pp. 162163, 168169) [ISBN: 0883901021]
- Conner, D. R. (1993). *Managing at the speed of change: How resilient*

- *managers succeed and prosper where others fail*. New York: Villard Books. [ISBN: 0679406840]
- Corey, G. (2005). *Theory and practice of counseling and psychotherapy*.
- Person centered therapy (7 th ed., pp. 162189). [ISBN: 0534536050]
- Corey, G., Corey, M. S., & Callanan, P. (2007). *Issues and ethics in the helping professions* (5 th ed.). [ISBN: 0534614434]
- Crosby, R. P., & Kerr, B. J. *Responsibility axes: The T/Skill/Family Group at LIOS*. Unpublished manuscript, Leadership Institute of Seattle, Kenmore, WA.
- De Jong, P., & Berg, I. K. (2002). *Interviewing for solutions* (2 nd ed.). [ISBN: 053458473X]
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- Fisch, R., Weakland, J. H., & Segal, L. (1982). *The tactics of change: Doing therapy briefly*. [ISBN: 0875895212]
- Framo, J. L., Weber, T. T., & Levine, F. B. (2003). *Coming home again: A Family of origin consultation*. [ISBN: 1583913734]
- Framo, J. L. (1982). *Explorations in marital and family therapy: Selected papers of James L. Framo, Ph. D.* Symptoms from a family transactional viewpoint (pp. 1157). [ISBN: 0826134009]
- Freedman, J., & Combs, G. (1996). *Narrative therapy: The social construction of preferred realities*. New York: Norton. [ISBN: 0393702073]
- Gilbert, R. M. (1992). *Extraordinary relationships: A new way of thinking about human interactions*. [ISBN: 1565610083]
- Goleman, D. (2000). *Working with emotional intelligence*. [ISBN: 0553378589]
- (MM) Gottman, J. M., & Silver, N. (2004). *The seven principles for making marriages work*. [ISBN: 0752837265]
- Guerin, P. J., Jr., Fay, L. F., Burden, S. L., & Kautto, J. G. (1987). *The evaluation and treatment of marital conflict: A four stage approach*. [ISBN: 0465021123]
- (MM) Guerin, P. J., Jr., Fogarty, T. F., Fay, L. F., & Kautto, J. G. (1996). *Working with relationship triangles: The one-two-three of psychotherapy*. [ISBN: 1572301430]
- Gurman, A. S., & D. P. Kniskern, D. P. (Eds.), (1991). *Handbook of family therapy*. [ISBN: 0876306423]
- Halverson, C. B. (1993). *The 1993 annual: Developing human resources*. Cultural context inventory: The effects of culture on behavior and work style (pp. 131139) ; Cultural context inventory characteristics sheet (pp. 144145). [ISBN: 0883903520]
- (Hamel, J., & Nicholls, T. L. (Eds.). (2007). *Family interventions in domestic violence: A handbook of gender inclusive theory and treatment*. Treatment of family violence: A systemic perspective (pp. 417436). New York: Springer. [ISBN: 082610245X]
- Hanson, P. G. (1972). *Annual handbook for group facilitators*. What to look for in groups (pp. 2124). [ISBN: 0883900858]
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- Jacobson, N. S., & Christensen, A. (1998). *Acceptance and change in couple therapy: A therapist's guide to transforming relationships*. [ISBN: 0393702901]
- Jacobson, N. S., & Gurman, A. S. (Eds.). (2002). *Clinical handbook of couple therapy*. Psychoanalytic marital therapy (3 rd ed., pp. ?). [ISBN: 1572307587]
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- The hidden wholeness: Paradox in teaching and learning (pp. 133 & 6187). [ISBN: 0787910589]
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- Perel, E. (2006). *Mating in captivity: Reconciling the erotic and the domestic*. [ISBN: 0060753633]
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- Parenting: The flip side of childhood (pp. 155174). [ISBN: 0393700402]
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- Marital therapy from a structural/strategic viewpoint (pp. 303334). [ISBN: 0893351202]
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- Vaill, P. B. (1996). *Learning as a way of being: Strategies for survival in a world of permanent white water*. [ISBN: 0787902462]
- Van Heusden, A., & Van Den Eerenbeemt, E. (1983). *Balance in motion: Ivan Boszormenyi Nagy and his vision of individual and family therapy*. [ISBN: 0876306938]
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- Weber, R. C. (1982). *Reading book for human relations training*. The group: A cycle from birth to death (7 th ed., pp. 6871). [ISBN: 0961039221]
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- Wright, L. M., Watson, W. L., & Bell, J. M. (1996). *Beliefs: The heart of healing in families and illness*. Beliefs about families and illness (pp. 4471). [ISBN: 0465023177]
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- Yalom, I. D. (1997). *Lying on the couch: A novel*. [ISBN: 0060928514]
- Yalom, I. D. (2005). *The theory and practice of group psychotherapy* (5 th ed.). [ISBN: 0465092845]
- Zeig, J. K., & Gillian, S. G. (Eds.). (1990). *Brief therapy: Myths, methods, and metaphors*. A grand unified theory for brief therapy: Putting problems in context. (pp. 7889). [ISBN: 087630577X]
- Zweig, C., & Abrams, J. (Eds.). (1991). *Meeting the shadow: The hidden power of the dark side of human nature*. [ISBN: 087477618X]
- Bushe, G. R. (2001). *Clear leadership: How outstanding leaders make themselves understood, cut through the mush, and help everyone get real at work*. [ISBN: 0891061525]
- Carson, R. C., Butcher, J. N., & Mineka, S. (1999). *Abnormal psychology and modern life* (11 th ed.). [ISBN: 0321034309]
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- (1, 2, Core) Wheatley, M. J. (1999). *Leadership and the new science: Discovering order in a chaotic world* (2 nd ed.). San Francisco: Berrett Koehler. [ISBN: 1576750558]