We disclose to each client the professional qualifications and experience of the psychologist and the method for filing a complaint or making a consumer inquiry.

***Alexandra Waltien, M.A.***

**Alexandra Waltien, MA, LLC: Qualifications and Experience**

# Formal Education

Master in Clinical Psychology

*Saint Michael’s College (May 2015)*

Bachelor of Arts in English Literature

Minor in Anthropology and Sociology

*Roger Williams University (May 2006)*

Certified as Child Life Specialist by the Association of Child Life Professionals (April 2009)

Licensed as clinical psychologist, masters (April, 2022)

**Professional Experience**

**Title**: Certified Child Life Specialist, children of adult patients

**Date**: May 2011-January 2021

**Location**: University of Vermont Medical Center

**Supervisor**: Kathleen McBeth, MA and Courtney Fleisher, PhD

**Description**: One-on-one, family, and group therapeutic interventions for children impacted by the serious illness of an adult loved one. Parenting interventions around supporting children through a loved one’s serious illness. Grief and loss specialty.

**Title**: Certified Child Life Specialist, Comfort Zone

**Date**: September 2009-May 2011

**Location**: University of Vermont Medical Center

**Supervisor**: Lisa Emerson, RN

**Description**: Therapeutic support in a pediatric pre-sedation center. Support for children and families impacted by pediatric medical stressors.

**Support Group Facilitation**

Parenting with Cancer (2018-2020)

Children and Family Grief Group (2009-2020)

Teen Talk Night: For teens who have a loved one with cancer (2012-2020)

Children’s Workshop: For children who have a parent with cancer (2012-2020)

Caregivers of Cancer Patients (2014-2016)

Cancer Survivors (2014-2016)

Camp Knock Knock’s Young Children’s Grief Group (2018, 2019)

**Community Involvement**

Camp Kesem Advisory Board (2017-2020)

Camp Knock Knock Advisory Board and Arts and Crafts Chair (2011-2019)

**Scope of Practice**

**Therapeutic Orientation:** My therapeutic lens is largely informed by my background in psychodynamic and client-centered therapies. I utilize play therapy, various creative techniques, and talk therapy based on the client’s needs. Family-centered care utilizing solution-focused techniques incorporates the whole family for best overall support. Ultimately, I practice from an integrative approach, meaning I integrate various theories and interventions depending on the needs of my clients. Humanistic approaches are incorporated into all my interactions. I also draw from cognitive behavioral, trauma-focused and other modalities, as indicated for each person I work with.

**Specialization:**

Serious Illness (and its impact on family systems)

Medical Trauma

Medical Anxiety

Stress Management

Grief and Loss

Trauma informed care

Parenting coaching and support

**Workshops, Trainings, and Consultations Provided:**

*Family-Centered Care: Supporting Self and Family in the Midst of Cancer*

Stowe Weekend of Hope (May 2014, 2017)

*Supporting Parent Patients and the Children Who Love Them*

Associations of Child Life Professionals National Conference (May 2012)

*Supporting Children and Families Impacted by Death*

Wake up To Dying (2014, 2015, 2016)

*Healing Through Play: Strategies to Care for Self and Family*

Women’s Health and Cancer Conference (October 2014)

Stowe Weekend of Hope (May 2015)

*Family-Centered Care*

Embracing the Family Tree Retreat (September 2015)

*The Tentacles of Cancer: Supporting Children During an Adult’s Cancer*

Women’s Health and Cancer Conference (October 2019)

*Parenting with Cancer: Navigating the Cancer Experience While Raising Children*

Women’s Health and Cancer Conference (October 2017, 2018)

*Grief, Loss, and Our Response*

Camp Kesem Training (2018, 2019, 2020.2021)

*When Children Can’t Sit Still*

Camp Knock Knock Training (2015, 2017, 2018, 2019)

*Supporting the Grieving Student*

Vermont School Nurses (August 2019)

Howard Center School Clinicians (November 2020)

**Trainings and Continuing Education Attended:**

Kids Kicking Cancer Conference

* Trauma, Trust, and Treatment: Advancing Health Equity by Choice
* Virtual Reality and Healthcare
* Six Core Strengths for Healthy Childhood Development: Building Resilience in Children Recovering from Cancer
* Stress Marks of the Human Highway
* “Power Peace Purpose”: Re-Framing Childhood Trauma

*Various presenters* (November 2020)

Illness Intervention: Every Day & These Days

*Wonders and Worries* (May 2020)

Child Life Annual Conferences

*Association of Child Life Professionals* (2010, 2012, 2019)

Pediatric Grand Rounds

Psychiatry Grand Rounds

Attended weekly (with occasional exceptions)

*Various Presenters at University of Vermont Medical Center* (2009-2021)

Understanding the Highly Sensitive Child- Assessment Focus

*Tania Johnson, RPysch, RPT via Kids’ Health Links Foundation (September 2018)*

Ethical Considerations for Working with Children Anticipating a Death

*National Alliance for Grieving Children* (November 2017)

EMDR and Mindfulness

*Amber Stiles-Bodnar, MSED, LPCC-S, LSDC III via PESI Conference* (October 2016)

Creatively Facilitating Resilience in Children who have Experienced Trauma

*Karen Van Zijl, CCLS, M DIAC, PhD via Association of Child Life Professionals* (Sept 2015)

National Alliance for Grieving Children Symposium

*Various presenters- Portland, OR (*June 2015)

Childhood Grief- Interventions for Working with Bereaved Children and Adolescents

*Erica Sirrine, PhD, LCSW via PESI Conference- Burlington, VT* (September 2014)

Youth Mental Health First Aid

*Northwest Counseling and Supportive Services* (November 2014)

50 Mindfulness Techniques for Children and Teens

*PESI Conference- Burlington, VT* (March 2015)

The Earliest Environment: Prenatal brain development, stress, and mechanisms of prevention

*Hannah Stevens, MD, PhD- UVM Medical Center in Burlington, VT* (November 2014)

Play Therapy Training and Advanced Play Therapy Training

*Naomi Shapiro, LICSW- Saint Michael’s College* (May 2013, June 2014)

Advanced Play Therapy Training

*Naomi Shapiro, LICSW- Saint Michael’s College* (June 2014)

***My practice is also governed by the Rules of the Board of Allied Mental Health Practitioners. It is unprofessional conduct to violate those rules. A copy of the rules may be obtained from the Board or online at*** [***http://vtprofessionals.org/***](http://vtprofessionals.org/)

Client’s Disclosure Confirmation

My signature acknowledges that I have been given the professional qualifications and experience of Alexandra Waltien, M.A. Information on making a consumer inquiry, or filing a complaint with the Vermont State Office of Professional Regulation, is available through the Vermont Secretary of State’s offices, National Life Building, FL2, Montpelier, Vermont, 05620-3402. That office may also be reached by telephone (802) 828-1505, or through their web site, [www.vtprofessionals.org](http://www.vtprofessionals.org).

Client’s (or legal guardian) Signature Print Name Date