

Jennifer I. Bieler, LMFT

MFC Lic. #: 53931

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Education:

University of Southern California May 2009
Los Angeles, CA: Masters in Marriage Family Therapy

Saint Mary's College May 2003
Moraga, CA: Bachelors of Science, Psychology
Psi Chi Honors

Clinical Experience:

Licensed Psychotherapist
Private Practice in Los Angeles & Orange County September 2013 - Present

My specializations, include but not limited to:

- Dialectical Behavior Therapy (DBT) informed skills training,
- Borderline Personality Disorders,
- Substance Abuse/Addiction,
- Eating Disorders,
- Love & Relationship Issues,
- Trauma,
- Parent-Child Relationship Issues,
- Codependency,
- Adult Children of Alcoholics,
- Depression and Anxiety.

Licensed Marriage Family Therapist
Simple Recovery, Costa Mesa, CA January 2015 – February 2016

- Provided Dialectical Behavior Therapy skills to individuals and groups on an outpatient and inpatient basis.

Licensed Marriage Family Therapist
Westside DBT, Los Angeles, CA January 2015 – December 2015

- Provided Dialectical Behavior Therapy to adults, adolescents and groups on an outpatient basis.
- Worked within a DBT team and met on a weekly basis.

Licensed Marriage Family Therapist/Case Manager/Educator
Ocean Recovery, Newport Beach, CA February 2012 – December 2014

- Provided individual and group therapy for young adult women struggling with drug/alcohol addiction and eating disorders, in an inpatient and intensive outpatient program.
- Led Dialectical Behavior Therapy skills groups on a weekly basis.
- Educated parents on interactive addiction disorders and dual diagnosis, supporting them in creating appropriate boundaries with their child.
- Executed evaluations, treatment planning, treatment and discharge planning of clients; develop individualized treatment plans for each client after assessment.
- Provided crisis intervention involving assessing risk (suicide, homicide) and assisted clients in managing distress tolerance instead of utilizing self-destructive behaviors (i.e., cutting, burning, purging).
- Weaved Alcoholics Anonymous (AA) program within the fabric of clients' treatment teaching and honoring accountability, humility and gratitude.

Registered Marriage Family Therapist Intern

Community Family Guidance Center, Cerritos, CA

August 2010 – February 2012

- Facilitated therapies to individuals, groups, collateral and families for children, teenagers, and adults.
- Provided crisis intervention involving assessing risk factors (suicide, homicide, and child abuse), deescalating clients and safety planning with families.
- Educated and conducted parent skills groups motivating families in implementing healthy and functional communication and boundaries with their children.
- Managed the evaluation and treatment of clients based upon Los Angeles County Department of Mental Health standards including: assessments, diagnosis, treatment plans and goals, and administer series of tests (BDI, YOQ, UCLA-PTSD, RCADS, and ECBI).
- Acted as an advocate for clients during IEP meetings and meetings with other adjunctive providers.

Registered Marriage Family Therapist Intern

Child Development Institute, Woodland Hills, CA

August 2009 – August 2010

- Managed a multidisciplinary team for each client, comprised of speech therapists, occupational therapists, nutritionist, and physical therapists for developmentally challenged children.
- Provided parent education on child development and Autism spectrum disorder.
- Led social skills groups and individual floor time therapy children and their parents.
- Received certificate and training in child development.

Registered Marriage Family Therapist Intern

L.A. Gay and Lesbian Center, Hollywood, CA

August 2008 – August 2009

- Provided individual therapy, group therapy and crisis intervention for the LGBTQ population.
- Performed therapy to a wide-range of issues, HIV/AIDS, substance abuse, domestic violence, sex addiction, violent sexual assault, sexual abuse, immigration, and family of origin conflicts.
- Received specialized and specific training in crisis intervention, domestic violence, self-mutilation, crystal meth, HIV, internalized homophobia, and transgendered.
- Conducted psychosocial assessments, treatment plans and discharge summaries.

Marriage Family Therapist Trainee

Clare Foundation, Inc., Santa Monica, CA

May 2008 – April 2009

- Performed individual and group therapy to clients suffering from substance abuse.
- Provided crisis intervention for clients and assessment of suicide risks, relapse prevention.

Certification & Trainings

- Workshop with Alan Fruzzetti: Working with Families of Emotionally Dysregulated Clients: A DBT Perspective – 2015
- Specialist in Problematic Sexual Behaviors through Society of Advancement for Sexual Health (SASH) - 2014
- Training in Dialectical Behavior Therapy with Connie Callahan - 2014
- Certificate in Manage and Adapt Program (MAP) - 2011
- Certificate in Trauma Focus Cognitive Behavioral Therapy - 2010
- Certificate in Strengthening Families Therapy - 2010
- Certificate in Child Development – August 2009

Presentations

University of Southern California (USC) MFT Graduate Program – 2015

Presented on DBT & Adolescents

Boulevard Substance Abuse Treatment Center – 9/2015

Presented on DBT & Addiction

Simple Recovery Treatment Center – 2/2015

Presented on DBT Skills

Leadership Experience

Co-Chair, Orange County Chapter

Women's Association of Addiction Treatment (WAAT)

January 2015 - Current