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(510) 992-3492

Licensed Marriage and Family Therapist, Trauma Specialist #86029

As a bilingual Expressive Arts psychotherapist, I provide innovative and trauma-informed therapy services to diverse clients. I utilize mindfulness-based interventions, visual art, music, movement, play, and integrative mind-body approaches to support clients in processing traumatic experiences, managing emotions, and fostering resilience. Trained in the Holistic Trauma Healing approach and certified in EMDR, Brainspotting and IFS trained, I also offer trainings for psychotherapists, educators, and organizations, sharing my expertise in trauma-informed care, mindfulness, and creative therapies to promote healing and growth.

Education/Certificates/Skills

MFT # 86029, Board of Behavioral Services, March 2015
M.A., California Institute of Integral Studies, Expressive Arts Therapy, August 2012
Juris Doctor, University of California, Davis School of Law, Order of the Coif, May 2000
B.A., Literature, University of California, San Diego, March 1994
EMDR Trained, Level One, March 2015
Brainspotting Trained, Advanced, 2020-current
Mindfulness Trainer Certification, Mindfulness Education Institute, July 2013
Bilingual/Biliterate in Spanish

Professional Psychotherapy Experience

Angela Luna Therapy, Marriage and Family Therapist 6/2015-Current
Provide bilingual therapy services to individuals for issues ranging from anxiety and grief to PTSD and attachment disorders. Provide trainings on mindfulness, trauma and Expressive Arts Therapy. Develop individual assessments, treatment plans and referrals.

Trauma Recovery Center, La Familia, TRC Manager and Clinical Trainer 11/2016-6/2020
Provide bilingual therapy services to individuals for issues ranging from PTSD due to interpersonal and grief. Develop individual assessments, treatment plans, referral protocols as well as trauma related curriculum. Collaborate with mental health professionals, child protective services, victim witness advocates and legal professionals. Provide trainings on trauma related topics, teach trauma courses and supervise administrative and clinical interns. Trainer and organizer for the didactic training portion of the Multicultural Psychotherapy Training Institute for La Familia Counseling Services.

A Step Forward, Marriage and Family Therapist 6/2015-1/2017
Provide bilingual therapy services to children and families for issues ranging from sexual abuse and PTSD to anxiety, attachment disorders, parent-child relational problems, and grief. Develop individual assessments, treatment plans and referrals. Collaborate with mental health professionals, child protective services, wrap-around teams and legal professionals.

Contra Costa Unified School District, Marriage and Family Therapist 8/2011-8/2015
Provide bilingual therapy services to children and families for issues ranging from PTSD crisis management, anxiety, grief and self-harm. Facilitate group therapy services to underserved children ages 5-13. Develop individual assessments, treatment plans and referrals. Collaborate with and train teachers, administration, wrap-around team and legal professionals.

Life Compass Counseling, Marriage and Family Therapist Intern 6/2014-6/2015
Provided bilingual therapy services to children and individuals dealing with issues including, ADHD, parent-child relational problems, marital conflicts, trauma, anxiety disorders, obsessive-compulsive disorder and self-harm. Facilitate intern training in a private practice setting.

Contra Costa Regional Medical Center, MFT Intern 9/2013-9/2014
Developed Expressive Arts Therapy program throughout Contra Costa hospitals and clinics. Provided bilingual therapy services to children and individuals for issues ranging from grief, post-traumatic stress disorder, anxiety, depression and immigration. Facilitated group therapy services to Spanish-speaking women pre-natal services. Trained hospital staff in therapy and mindfulness.

Non-Clinical Professional Experience

Elk Grove Unified School District 1/2000-9/201
Distant Learning Resource Teacher & Video Producer
Taught ESL and English Multi-subject courses. Developed over 30 multilingual educational videos with accompanying curriculum. Designed and taught on live-broadcast English language cable program. Lead multimedia training for underrepresented K-12 students and teachers. Coordinated film festival, film presentations and related program events.

Migrant Education Family Advocate
Helped establish and implement the Migrant Education Literacy Program. Oversaw early childhood education and English language classroom activities. Conducted monthly literacy related home visits with program participants. Created partnerships with community agencies.

University of California, Davis 6/1998-6/2004
Adjunct Professor, ADR, UC Davis School of Law
Provided instruction on alternative dispute resolution practices, including negotiations, mediations, and restorative justice models. Lectured on methodologies for conflict management.

Community Education Coordinator, UC Davis Law School

Developed domestic violence resource guide and network association. Participated in the King Hall detention project on racial profiling and civil rights. Created video and resource guide on VOWA for immigrant victims of domestic violence.

Clinical Assistant, UC Davis Immigration Law Clinic

Maintained client rosters and took client intakes. Prepared and filed INS forms and drafted motions for clients. Accompanied clients to administrative hearings.

Community Mediation Service, Mediator and Intern

Assisted and participated in family, business and court-mandated mediations. Developed client cases and mediation materials. Prepared and presented workshops on the mediation process.

Professional Affiliations

CAMFT, California Association of Marriage and Family Therapists
California Association of Marriage and Family Therapists, East Bay Chapter
EMDRIA, EMDR International Association
Brainspotting LLC

Professional Trainings and Workshops

- Bay Area Community Resources: "Expressive Arts Therapy 101," August 2012
- West Contra Costa County Hospital: "Mindfulness for Stress Relief and Patient Care," August 2013
- West Contra Costa County Hospital: "Patient-Centered Care: Safe Place Training," August 2013
- Contra Costa Unified School District: "Beyond the Scars: Understanding Self-Harm," May 2014
- Mindful Life Project: "Expressive Arts Therapy and Mindfulness 6-part Training," August 2014
- Family Justice Center/Alameda County DA's Office: "Trauma 101 Training," January 2016
- Bay Area Women Against Rape: "Trauma 101 Training en Espanol," February 2016
- Alameda County Trauma Recovery Center: "Trauma 101 Training: Awareness, Growth, and Resilience," February 2017
- Alameda County Sheriff's Office Domestic Violence Unit: "Expressive Arts Therapy & Trauma Healing," February 2017
- La Familia Counseling Center: "Animal Assisted Therapy in Therapeutic Practice," May 2017
- Alameda County Victim Witness: "Expressive Arts Therapy for Trauma Healing," January 2018
- Alameda County Sheriffs Office Domestic Violence Unit: "Mindfulness Practices for Stress Relief," February 2017
- Alameda County Family Justice Center: "Trauma 101: Conciencia, Recuperacion, Confianza," June 2019
- La Familia Counseling Center: "Trauma-informed Mindfulness," September 2019
- La Familia Counseling Center: "Expressive Arts Therapy Integrative 3-part Training," November 2019

- La Familia Counseling Center: "Internal Family Systems Introductory Training," December 2019
- La Familia Counseling Center: "Self-Care as a Practice 3-Part Training," June 2020
- Fan Lu: "Expressive Arts Therapy, Nature and Mindfulness Playshop," August 2021
- Fred Finch: "Nervous System Regulation and Grounding Tools to Increase Resilience in System-Involved Youth (SIY) and Families," September 2022
- Fred Finch: "Parts Work Strategies to Support Attachment Trauma Healing in System Involved Youth (SIY) and Families," September 2022
- Fred Finch: "Understand, Learn & Practice Trauma-Informed Mindfulness Tools to Support System-Involved Youth and Families," October 2022
- Santa Clara CAMFT: "Understand, Learn & Practice Trauma-Informed Mindfulness Tools," January 2023
- Kara Grief: "Nervous System Healing Tools for Grief and Vicarious Trauma," May 2023
- Alameda County District Attorney's Office / Family Justice Center: "The Healing Power of Expressive Arts Therapy for Vicarious Trauma & Burnout Mini-Conference Training," June 2023
- Leah Guzman Creative Soul Society: "Rooted Resilience: Inner Child & Nervous System Nourishment," April 2024