

# Lauren Traitz MA

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## **LICENSE, CREDENTIAL, & REGISTRATION**

Associate Marriage & Family Therapist AMFT122047  
NPI 1518563675

## **EDUCATION**

**MA Clinical Psychology** 2020  
**Antioch University Los Angeles** Los Angeles California

**BA Philosophy & Political Science** 2014  
**Tufts University** Medford Massachusetts

## **PROFESSIONAL TRAINING**

**Somatic Experiencing (3-Year) Certification** Anticipated 2022  
**SE Trauma Institute** Dana Point California (Virtual)

with Abi Blakeslee PhD LMFT SEP CMT and Ariel Giarretto MS LMFT SEP CMP

*Completed: Three four-day in-depth trainings over seven months (53 hours total) on employing the Somatic Experiencing® model in the practice of psychotherapy, including education on and practice with nervous system regulation, supporting completion of threat response cycle, tracking sensations, and the impacts of trauma. Current Level: Intermediate. Total hours upon completion: 216.*

**Certificate in Ecopsychology** Anticipated 2021  
**The Retreat at Pacifica Graduate Institute** Santa Barbara California (Virtual)

with Andy Fisher PhD, Linda Buzzell LMFT, Craig Chalquist PhD, and Jeanine M Canty PhD

*13-week in-depth program conducted by four transformational leaders in the fields of ecopsychology and ecotherapy. A comprehensive course on ecopsychological theory, including possibilities for personal and cultural transformation, as well as administration of ecotherapeutic practices.*

**Grief and Bereavement for Adults and Children** 2020  
**Antioch University Los Angeles** Los Angeles California  
with Christine Sefein MA LMFT

*Two-day workshop over two weeks (16 hours total) on working with grief and bereavement, including study of dominant theoretical models, experiential practice of techniques, and education on the differential impacts of loss based on age, relationship, nature of death, and cultural dynamics.*

**Principles of Group Psychotherapy (Certification Coursework)** 2019  
**Group Psychotherapy Association of Los Angeles** Los Angeles California

with Michael P Frank LMFT CGP LFAGPA, Monica Farassat PsyD LMFT CGP, Saralyn Masselink LCSW CGP, and Andrew Susskind LCSW SEP CGP

*Two-day experiential training over one weekend (12 hours total) on theory, principles, and applications of group psychotherapy. Training included didactic education, community discussion, and experiential group simulation. Fulfills educational requirement for eventual Certified Group Psychotherapist (CGP) certification.*

**Mind/Body Treatment Interventions with Trauma Survivors** 2019  
**Antioch University Los Angeles** Los Angeles California

with Consuelo V Davis LMFT BCDMT CAMF

*One-day eight-hour workshop on integrating mind/body interventions (e.g. deep breathing, mindfulness meditation and visualization, journal writing, movement) in the treatment of psychological trauma. Course included didactic education, experiential exercises, and practice of techniques.*

**Equine-Assisted Psychotherapy** 2019  
**Antioch University Los Angeles & Stand InBalance** Los Angeles California  
with Valerie E Coleman PhD PsyD  
*One-day eight-hour workshop on the impacts of trauma and benefits of equine-assisted psychotherapy. Course included didactic education and experiential exercises with horses.*

**Trauma, Neuroscience, and Internal Family Systems** 2018  
**IFS Institute + Potentia Therapy** San Diego California  
with Frank Anderson MD  
*One-day eight-hour learning lab on cutting-edge neuroscientific research into impacts of trauma on the brain, as well as possible neurological benefits of Internal Family Systems therapy. Training included didactic education, instructor demonstration, and experiential practice of Internal Family System (IFS) techniques.*

**Cultural Humility & Solidarity Building** 2018  
**Antioch University Los Angeles Black Student Union** Los Angeles California  
with Povi-Tamu Bryant  
*Four-hour solidarity-building workshop focusing on cultural humility in social justice work. Training included didactic education, collaborative community vision-boarding, and self-awareness exercises.*

**Jungian Dream Work** 2018  
**Antioch University Los Angeles** Los Angeles California  
with Stephen Kenneally MA MBA LMFT  
*One-day eight-hour workshop on Jungian theory, principals, and therapeutic value of working with dream material. Training included didactic education and experiential practice of technique.*

### **PROFESSIONAL EXPERIENCE**

**Angeles Psychology Group, A Professional Psychology Corporation** 2021-present  
**Associate Marriage & Family Therapist AMFT122047** Los Angeles California  

- Provide long-term individual, couple, family, and group psychotherapy, one or more times per week, under the clinical supervision of Neil Schierholz PsyD PSY25154
- Approaches include psychoanalytic, psychodynamic, and somatic (Somatic Experiencing®) psychotherapy coupled with imaginal, transpersonal, character analytic, and ecopsychological models
- Participate in weekly individual supervision and administrative meetings, as well as monthly clinical case consultation

**Valley Community Counseling Clinic** 2019-2020  
**Marriage & Family Therapy Intern** North Hollywood California  

- Provided individual and couple psychotherapy, one or more times per week, under the clinical supervision of N Devra Fischer MS PsyD LCS16953 and Eliane Hary PhD PSY12641
- Approaches included psychoanalytic, psychodynamic, and relational psychotherapy with an emphasis on community mental health
- Conducted intake calls and initial assessments, determined appropriateness-of-fit for clinic
- Participated in weekly group supervision, individual supervision, case conference, psychoanalytic reading groups, and periodic psychoanalytic didactic training
- CAPIC-accredited internship site

**Wonder Far Transformative Child Care** 2016-2019  
**Child Care Specialist and Business Owner** Los Angeles California  

- Coached children in social-emotional awareness (naming and communicating needs, feelings, and sensations), employed conflict resolution skills, capitalized on learning moments, fueled curiosity
- Facilitated engaged play, school pick-up, homework help, meals, and preparing for bed
- Formed a co-supportive alliance with parents, collaboratively reflected on developments

**Downtown Women's Center** 2017-2018  
**Resident Desk Volunteer** Los Angeles California

- *Provided on-the-spot assistance for residents (formerly women without housing)*
- *Utilized de-escalation techniques and trauma-informed care to maintain peaceful interactions*
- *Planned and conducted creative activities to foster a sense of community space*

**Citizens of the World Charter School** 2016 & 2018  
**Teaching Associate and Substitute Teacher** Los Angeles California

- *Collaborated with teachers, administrators, SPED employees, and parents to provide tailored learning (including small group sessions and one-on-one engagement)*
- *Supported social-emotional development and applied constructivist approaches to learning*
- *Participated in weekly professional development meetings and trainings*

**Camp Super Duper** 2016 & 2018  
**Camp Counselor** Los Angeles California

- *Guided children age 4-14 through camp activities, integrated them into the camp community*
- *Facilitated campers' social-emotional growth through creative activities and conflict resolution*
- *Guided meditation circles and team-building exercises for staff*

**WRITE BRAIN BOOKS** 2016-2017  
**Education Partner Outreach and Development** Los Angeles California

- *Planned and co-facilitated five in-person, full-day trainings; conducted two video trainings*
- *Co-facilitated interactive workshops for 20-100 educators at education conferences*
- *Created a 25-hour summer program based on company materials and curriculum*
- *Supported and followed up with partners (consistently in communication with approximately 200 people)*

### **PUBLICATIONS**

Traitz, L. (2020). New comb. In C. Brewer & K. C. Michelson (Eds.), *Gyroscope Review: Spring 2020*, 20(2), p. 30. n.p.: Gyroscope Review.

### **TEACHING & PRESENTATIONS**

Traitz, L. & Green, J. (January-May 2014). *The politics of drug prohibition*. Medford, MA: Tufts Experimental College.