

Sierra K. Briscoe

Education

California State University, Northridge

- *Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE) and the Council for Accreditation of Counseling and Related Educational Programs (CACREP) accredited*

December 2018 | Masters of Science, Marriage and Family Therapy

- Graduated with distinction - 4.0 GPA
- Part of a team that took 1st place in CSUN's 2018 Annual Research and Service Learning Symposium for writing an arts based mental health group therapy curriculum.
- 63 credit humanistic and systemic theoretical-based program.
- Curriculum had a major focus on current evidence-based and trauma-informed treatment models.
- University emphasized the importance of cultural competency within the mental health field and diversity awareness was incorporated into all aspects of the curriculum.

Graduate Thesis Project Title | *Counseling Considerations for Individuals and Couples in Consensually Non Monogamous Relationships*

California State University, Los Angeles

June 2011 | Bachelor of Arts, Television, Film and Media Studies

Skills and Qualifications

- 3,000 hours pre-degree towards MFT license
- Trained in Eye Movement Desensitization and Reprocessing (EMDR) Therapy
- Certified in Emotional Focused Individual Therapy (EFIT)
- Experience with Seeking Safety
- Experience in working with individuals, couples and families from diverse backgrounds, ages and abilities
- Experience with collaborative therapy, narrative therapy and art therapy techniques
- Excellent writing and editing skills
- Experience in writing group therapy curriculum and leading group therapy
- Able to think clearly and quickly in high pressure situations
- Background in marketing and social media

Related Experience

Grael Garcia Psychotherapy | Associate Marriage and Family Therapist | May 2020 - Present

- Provide individual therapy for adult clients on a weekly basis; including clients struggling with trauma, grief, anxiety, depression, issues around sexuality and relationships, narcissistic abuse recovery, LGTBQTIA+ issues, substance abuse and life transitions.
- Provide therapy tailored to womxn, LGTBQTIA+ clients, sex workers and clients in consensually non monogamous relationships
- Provide couples therapy for adult clients in a safe, non - judgemental environment
- Maintain up to date documentation for all clients - including progress notes, intake forms, privacy practices, diagnosis and treatment plans
- Diagnose clients and collaboratively create treatment plans
- Advocate on clients' behalf
- Attend weekly supervision sessions and participate in case consultations

Heal The Hurt Counseling | Associate Marriage and Family Therapist | April 2019 - May 2020

- Provided individual therapy for adult clients on a weekly basis.
- Provide therapy tailored to womxn, LGTBQTIA+ clients, sex workers and clients in consensually non monogamous relationships
- Maintain up to date documentation for all clients.
- Diagnose client and collaboratively create treatment plans
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Partnerships to Uplift Communities (PUC) | Marriage and Family Therapy Trainee | June 2017 - December 2018

- Provided individual therapy to clients age five to eighteen; including trans clients, lesbian, gay and bisexual clients, clients on the autism spectrum, clients who self harmed, clients with suicidal ideation, clients with substance abuse issues, and clients exhibiting symptoms of depression, anxiety, OCD, and complex trauma.
- Maintained DMH based progress notes for all clients to ensure proper documentation of session content and interventions.
- Conducted biopsychosocial assessments
- Used narrative therapy, cognitive behavioral therapy, art therapy and mindfulness with clients
- Provided family therapy to relatives in groups of two or more
- Led teachers and staff in group grief therapy
- Gave presentations to staff and students on internet safety and boundaries
- Wrote group curriculum and provided group therapy for:
 - adolescent girls struggling with self-esteem
 - adolescent boys struggling with social skills
 - first grade students who struggled with angry outbursts

Volunteer Experience

Comfort Care Hospice | September 2015 - June 2016

- Worked with an elderly, terminal patient in an assisted living facility.
- Filed weekly paperwork and reports detailing patient's health and emotional well-being.

Work Experience

Rainbow Bar and Grill | April 2014 - March 2020

- Interact with customers in a professional and friendly manner
- Remember food and drink orders, and customer preferences

Zinna.tv | Live Radio Host | June 2016 - October 2017

- Interview musicians in studio and on red carpet
- Research guests and come up with questions to ask during interviews

Suicidegirls Radio | Talk Radio Co-host | August 2010 - June 2016

- Book potential radio show guests
- Interact with guests and ask questions that were entertaining for the radio audience

Stockroom INC | Affiliate Manager, Marketing Team Member | April 2013 - March 2015

- Maintained and adjusted Google Adwords account to drive traffic to the company website
- Live tweeted events and contributed to company social media marketing
- Worked on Special Projects including:
 - Transgender Erotica Awards | 2015
 - Stockroom University | 2014 - 2015
 - "Master of O" book launch | 2015

Professional Associations

American Association for Marriage and Family Therapy (AAMFT) | 2017 - Present

California Association of Marriage and Family Therapists (CAMFT) | 2020 - Present

The Garden - Los Angeles based queer consult group for LGBTQ+ Mental Health Professionals | 2019 - Present

NAAA- Narcissistic Abuse Awareness Alliance | 2019- Present

Certifications

EFIT I and II | August 2020, October 2020

EMDR - Basic Training I and II | September 2017

Trauma Focused Cognitive Behavioral Therapy (TFCBT), online training | October 2017

Parent Child Interaction Therapy (PCIT) for Traumatized Children, online training | November 2017

Conferences, Workshops and Trainings Attended

Sex Therapy 101 | Cognitive Behavior Institute (CBI) | Online | March 2021

This program explained the biopsychosocial components of sexuality concerns that present for sex therapy. Case conceptualization around sexuality concerns and important components of sex therapy were taught.

Emotionally Focused Therapy with Individuals and Families | Cognitive Behavior Institute (CBI) | Online | March 2021

Dr. Sue Johnson explained the basic theoretical principles and theory of the intervention in EFT. This workshop explored using EFT interventions with individuals and families and taught key micro and macro interventions.

Grief Intensive Training | OUR HOUSE | Online | March 2021

This experiential course provided theoretical and practical approaches to use in therapeutic work with grieving children, adolescents, and/or adults. This workshop taught a state-of-the art model for understanding the grief process and effective intervention strategies to use with groups and individual clients.

Kink-Claiming the Trauma | The Alternative Sexualities Health Research Alliance (TASHRA) | Online | December 2020

Andrew Pari, LCSW presented his application of the trauma recovery model that utilizes BDSM as a potential facilitator in the process of healing. Distinguishing between trauma and kink expression, he offered new understandings of how some trauma survivors master trauma through repetition. Exploring how some survivors seek healing through exploitation, he described how the integration of trauma recovery phases within BDSM scenes can have powerful collaborative therapeutic applications.

Attachment and Sex | Connective Therapy Collective | Online | November 2020

This workshop presented by Angie Gunn, LCSW discussed how attachment neurobiology plays a vital role in sexuality and the assessment of what is safe, the potential edges of exploration, and the possible relational structures. This training unpacked the various attachment styles and ways they show up in sexuality, specifically those exploring more expansive relationships and sexual styles.

Interpersonal Neurobiology in Trauma Therapy | Cognitive Behavior Institute (CBI) | Online | October 2020

Dr. Dan Siegel explained how to identify unresolved trauma or loss within the narrative process and explained the role of implicit and explicit memory in trauma resolution and health. This training addressed how to explain what the mind is from an interpersonal neurobiology perspective and explored how to determine impairment of integration of memory processes in everyday life and in traumatic experiences.

Emotionally Focused Individual Training, Level II | International Centre for Excellence in Emotionally Focused Therapy (ICEEFT) | October 2020

This training focused on Stage II and III of EFIT treatment: restructuring and consolidation.

Dr. Leanne Campbell taught validated techniques that place attachment at the heart of therapeutic work. Techniques learned in this training allow the treatment of the most frequent problems encountered in individual therapy: anxiety, depression, relationship problems, trauma.

Treating Anxiety Disorders in a Pandemic | CBI | Online | September 2020

The focus of this training was on learning how to quickly identify the symptoms associated with anxiety disorders, being able to recite research regarding the prevalence of anxiety related disorders and epidemics and having knowledge about the ethical issues surrounding the treatment of anxiety disorders. Dr. Thea Gallagher also taught about the principles of evidence based treatments and strategies for treating and preventing anxiety disorders.

The Kinky Mind and Body: Psychobiology of Kink | TASHRA | Online | September 2020

Dr. Richard Sprott and Anna Randall, LCSW extrapolated on why people are aroused and attracted to intense sensations. This training reviewed many of the findings from psychoneuroimmunology, personality trait theory, kink studies, and neuroscience that are relevant to answering questions about kinky behavior that arise in clinical settings.

Using Mindfulness in Telehealth | Bay Area Psychotherapy Institute (BAPTI) | Online | August 2020

Joree Rose, LMFT demonstrated mindfulness tools for noticing what is arising, without judgment, and using that awareness to inform our responses, words and actions and how to use mindfulness for both deepening of the therapeutic work, as well as offering various ways to manage the influx of current challenges. Some of the objectives of this talk included: 1. Defining mindfulness, and how to use it as a framework to get unstuck from negative reactive cycles. 2. Describing brain science as it supports a mindfulness practice. 3. Differentiating the three different ways to bring mindfulness into a telehealth session.

Emotionally Focused Individual Training, Level I | ICEEFT | August 2020

Dr. Sue Johnson and Dr. Leanne Campbell presented on Emotionally focused therapy with individuals (EFIT). This training demonstrated interventions and illustrated the corrective emotional experiences that arise from these interventions. Dr. Sue Johnson outlined the research for emotionally focused therapy and demonstrated EFIT in action.

Clinical Work with Polyamorous Clients - Gaps in Field and Theory | Community Academic Consortium for Research on Alternative Sexualities (CARAS) | Online | May 2020

Dr. Ryan Witherspoon presented on new ways clinicians can best serve their clients who are engaged in polyamorous relationships. Dr. Witherspoon provided guidelines to assist mental health clinicians to best treat this population.

Black Minds Matter | California Association of Marriage and Family Therapists (CAMFT) | Online | June 2020

Dr Luke Wood discussed the high-profile slayings of Black Americans: George Floyd, Ahmaud Arbery, Breonna Taylor, Trayvon Martin, Michael Brown, Tamir Rice, and more, that have led to numerous marches, protests, and vigils throughout the nation. Dr. Luke Wood drew parallels between the ways that Black boys and men are devalued and over-criminalized in society and the ways that they are educated. Tangible solutions for promoting the learning, development, and success of Black males were offered.

Let's Talk About Sex - Affirming Approaches with LGBTQ+ Youth | Visions Adolescent Treatment Centers | Online | April 2020

John Sovec, LMFT, discussed recognizing the hetero-centric influences that pervade family, school and community dynamics regarding sex education. He discussed the importance of identifying and practicing affirmative language when conversing about LGBTQ sexual practices. Sovec taught concepts about cultural and social constructs and how to apply them in an affirmative practice.

Clinical Dharma: Mindful Self Care for Healers and Helpers in The Midst of a Health Crisis | Online | April 2020

Dr. Stephen Dansiger presented a webinar on supporting self care through a mindfulness practice. Dr. Dansiger addressed the 4 Noble Truths and 8 Fold Path taught by the historical Buddha. Specific self care techniques were taught and demonstrated in a way that could be used for the clinicians own benefit but also so that these techniques could be shared with clients in a therapeutic setting.

Innovations in Excellence in Therapy with Kink-Identified Clients - Advanced | TASHRA | Online | April 2020

This workshop articulated the complex relations between kink and sex and described kink specific motivations for consensual non-monogamy. The differences between abusive interactions and power exchange interactions were discussed. Issues about consent and consent violations were outlined in detail and issues about kink community and the work as a mental health professional in this setting were discussed at length.

Telehealth for Mental Health Professionals: 2 Day Distance Training | PESI | Online | March 2020

Training workshop that taught the unique ethical and legal concerns with telehealth therapy. This workshop addressed the policies, procedures and best practices for telehealth and demonstrated technology options and how to best use them.

Narcissistic Abuse Recovery - Therapist Round Table | Narcissistic Abuse Awareness Alliance (NAAA) | Los Angeles, CA. | November 2019

Round table discussion with some of Los Angeles' narcissistic abuse specialists. Guests included Dr. Ramani Durvasula, Fiona Steele, LMFT, and Tina Swithin, author of One Mom's Battle. Topics discussed included interventions for abuse recovery and how to identify Narcissism.

Sex Therapy: Keeping Your Cool while Handling the Heat | CAMFT | Pasadena, CA. | July 2019

CAMFT workshop taught by Greta Hassel Grace, LMFT addressing healing sexual shame, finding sexual empowerment and integrating the sexual self. Provided various interventions that can be used with clients who are struggling sexually.

Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ) Clients: Clinical Issues and Treatment Strategies | PESI | Pasadena, CA. | April 2019

PESI workshop taught by Dr. Joe Kort covering specific strategies to better treat LGBTQ clients who are facing issues such as: self acceptance and internalized homophobia, non hetero normative sexual behaviors and practices, trauma and abuse from growing up LGBTQ and the difficult process of coming out.

Eye Movement Desensitization and Reprocessing (EMDR) Therapy Basic Training: Part II | EMDR International Association (EMDRIA) | Pasadena, CA. | October 2018

EMDR International Association (EMDRIA) approved EMDR training with Dr. Stephen Dansiger. This workshop covered enhanced practicum content, best practices for using EMDR Therapy with special populations and in the complex scenarios of clinical practice; advanced content on ethics, neurobiology, and case conceptualization.

Eye Movement Desensitization and Reprocessing (EMDR) Therapy Basic Training: Part I | EMDRIA | Pasadena, CA. | August 2018

EMDR International Association (EMDRIA) approved EMDR training with Dr. Stephen Dansiger. This workshop covered the basics of trauma, the adaptive information processing model, trauma-informed stabilization, and the basic methodology and mechanisms of action used in EMDR Therapy.

Sexceptional Lecture | The Southwest Sexual Health Alliance (SHA) | Los Angeles, CA. | February 2018

Workshop provided by the Sexual Health Alliance with speakers Dr. Chris Donaghue and Dr. Hernando Chaves. Speakers provided more in depth education on sexual health topics relevant to mental health clients and practitioners.

PTSD and the Strategies That Work to Change Lives | Van Nuys, CA. | October 2017

This workshop explained the three stages of Prolonged Exposure Therapy (PET) along with how and when to use them for individuals diagnosed with Post Traumatic Stress Disorder.

Sexual Disorders and Sexual Therapy | Van Nuys, CA. | April 2017

This workshop explained how to talk to client's about sexual disorders. Different treatment techniques were introduced and we learned how to destigmatize the issue and diagnose problems.

Introduction to Trauma | Van Nuys, CA. | October 2016

This workshop detailed what trauma is and what actually occurs to our nervous systems and brain when we face a perceived or actual threat. We discussed how trauma can alter one's physiology, perceptions, and ways of interacting with the world as well as discussed treatment modalities for helping clients get unstuck from trauma.

Catalyst Con Los Angeles | Los Angeles, CA. | 2015

The conference mission is to reach out and stimulate attendees to create important conversations within communities and change discourse and acceptance of sexuality within society. These conversations are intended to stimulate the activist within us all and spark transformation and growth for all adults and children in one of humanity's most important aspects; sexuality.