

KATHRYN TRUCANO – CURRICULUM VITAE

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Helena, MT 59624-0257

DEGREE-SEEKING EDUCATION

Montana State University – Bozeman, Montana
MS in Health and Human Development - Counseling
Mental Health Counseling (with Marriage and Family courses)
CACREP Accredited
May 2012
GPA: 3.83/4.0

Northwestern University – Evanston, Illinois
BS in Civil Engineering
June 1994
GPA: 3.46/4.0

LICENSES/CERTIFICATION

Licensed Clinical Professional Counselor
State of Montana License: BBH-LCPC-LIC-9297
Montana Board of Social Worker & Professional Counselors
November 2014 – Present

Licensed Professional Counselor
State of Wyoming License: LPC-1657
State of Wyoming Mental Health Professions Licensing Board
June 2017 – Present

National Certified Counselor
NCC ID: 630903
National Board of Certified Counselors
January 2015 - Present

Emotion-Focused Therapy Institute – Level I
Emotion-Focused Therapy Clinic, York University
26 hours of Instruction (May 2-5, 2011)
May 2011

Emotionally-Focused Couple Therapy – Externship
International Centre for Excellence in Emotionally-Focused Therapy
Sponsored by Close Couples, Bozeman, MT
28 hours of Instruction (September 14-17, 2016)
September 2016

PREPARE/ENRICH Counselor
Life Innovations, Inc.
April 2006 – Present

Ordained Interfaith Minister
Ordination through the Interfaith Temple in New York City
Two-year Interfaith Studies through The New Seminary
June 2006 – Present

RELEVANT COUNSELING EXPERIENCE

Kathryn Trucano, LCPC, LLC – Helena, Montana
Outpatient Child and Family Therapist

August 2015 – Present

Direct Services: Provide individual and family therapy to children, adults, parents and families in the local community. Served population is a mix of HMK Plus, HMK and private insurance holders. Conducts in-person intake interviews, mental status exams, suicide assessments and substance use and abuse assessments. Completes paperwork necessary for billing such as clinical assessments, treatment plans and progress notes. Approach to clinical work is primarily informed by Emotionally-Focused Theory, Rogerian, Family Systems, Attachment, Psychodynamic, and Trauma Theory.

Intermountain Deaconess Children's Services – Helena, Montana March 2013 – March 2016
Outpatient Child and Family Therapist

Direct Services: Provide individual and family therapy to children, parents and their families in the local community. Served population is a mix of HMK Plus, HMK and private insurance holders. Collaboratively works with treatment teams and local services to provide mental health services to children with severe emotional disturbances (SEDs) and their families. Manages hotline once a quarter for a week. Conducts in-person intake interviews, mental status exams, suicide assessments and substance use and abuse assessments, and youth outcome questionnaires. Completes paperwork necessary for billing such as clinical assessments, treatment plans and progress notes. Approach to clinical work is primarily informed by Emotion-Focused Theory, Rogerian, Family Systems, Attachment, Psychodynamic, and Trauma Theory.

Other Contributions:

- Setup and manned booth for *Out of the Darkness* suicide prevention and awareness walk, and organized team of co-workers to walk at the event.
- Created a Microsoft Access application to record and report direct/indirect clinical hours and supervision hours for licensure.
- Created a Microsoft Excel spreadsheet with Access DB to record and report billable hours using CPT codes.

The Help Center – Bozeman, Montana
Pre-and Post-Graduate Internship (June 2011 – February 2013)
Hotline Crisis Counselor (April 2012 – February 2013)

June 2011 – February 2013

Direct Services: Provided individual, couple and crisis counseling services, suicide intervention and preventative services, advocacy, and referral services. Crisis counseling was offered on phone and in-person. Mental health, sexual assault and trauma-related counseling were provided weekly on the premises. Served population was low income individuals who were usually in crisis, recovering from interpersonal trauma (including sexual assault), and/or living with mental health disorders. Worked collaboratively with local social services to provide clientele with emergency care. Answered all phone lines (business, 211, and suicide hotline),

made Telecare calls, and worked with walk-in clients. Functioned as a National Suicide Prevention Life Line Suicide Specialist and Alliance & Referral Systems (AIRS) Information and Referral Specialist. Made assessments, developed crisis management and safety plans, and offered information and referrals to crisis callers and to other agencies/professionals. Recorded phone calls and session notes in iCarol. Approach to clinical work was primarily informed by Emotion-Focused Therapy, Rogerian therapy, and trauma theory.

Parenting Thru Separation group – Bozeman, Montana November 2012 - Present
Service provided by Hearts and Homes / The Help Center, Inc.

Direct Services: Co-led a 3-hr psychoeducation workshop for parents contemplating divorce or separation. Covered topics include the adjustment of children, emotional tasks that families need to master to move through the divorce process, parenting communication skills, training on how to avoid getting children “in the middle,” and working cooperatively together in maintaining children’s care. Program was based off the Kid’s First© curriculum.

Suicide Loss, Saving Lives support group – Bozeman, Montana June 2011 – Present
Collaborative service of the Help Center and Bozeman Deaconess Hospital

Direct Services: Co-facilitated monthly 90 minute support group for families affected by suicide. Topics included complex grief, loss and other issues associated with suicide.

Promoting Well-Being group – Bozeman, Montana February 2012 – March 2012
Collaborative service of Montana State University’s Counseling Graduate Program and Child Developmental Center

Direct Services: Led an 8-week psychoeducation group for 3-5-year-olds on well-being. Topics explored were: identifying feelings, expressing emotions, friendship, sharing, self-care, exercise, coping, and emotional and social expression.

Human Development Clinic – Bozeman, Montana January 2011-December 2011
Practicum I, Practicum II, Internship

Direct Services: Provided individual, couple, child, and group counseling services to the local community. Services were primarily rendered to a low-income population. Multiple in-person intake interviews were conducted. Treatment plans, progress notes, and diagnostic updates were provided on an on-going basis. Approach to clinical work was primarily informed by Emotion-Focused Therapy, Rogerian therapy, and trauma theory.

Parenting Thru Divorce group – Bozeman, Montana January 2011-August 2011
Service provided by the Human Development Clinic

Direct Services: Co-led a 3-hr psychoeducation workshop for parents contemplating divorce or separation. Covered topics include the adjustment of children, emotional tasks that families need to master to move through the divorce process, how to avoid getting children “in the middle,” and how separated parents work cooperatively together in maintaining their children’s care.

OTHER WORK EXPERIENCE

US Census – Great Falls, Montana February 2010 - June 2010
Enumerator – temporary/part-time; as needed basis

Services: Visited residences and commercial facilities to update address and leave Census questionnaire. Assisted residences fill out questionnaire.

Golconda Technologies, Inc – Bozeman, Montana January 1998 – December 2010
President and Database Web Application Programmer

Services: Designed, organized and maintained websites, web applications, and Microsoft Windows applications for clients. Used various programming tools to write software programs in multiple programming languages and database systems. Worked collaboratively with the Information Technology (IT) on projects and served as liaison between IT and the programming team. Taught clients technical skills and offered technical support. Closed company as a result of work loss due to recession.

PROFESSIONAL TRAINING

EFT Core Skills Week IV September 2017
Sponsored by Close Couples, Bozeman, MT (12 CEU)

Job Analysis Incentive Reading and Post Test August 2017
I-Counseling (3 CEU)

EFT Core Skills Week III May 2017
Sponsored by Close Couples, Bozeman, MT (12 CEU)

EFT Core Skills Week II March 2017
Sponsored by Close Couples, Bozeman, MT (12 CEU)

Solution-Focused Narrative Therapy with an Adolescent May 2017
Mental Health Academy (1 CEU)

From Resistance to Resilience: Working with the Anxious Client May 2017
Mental Health Academy (2 CEU)

Positive Meaning: Connecting People to Purpose in Everyday Life May 2017
Mental Health Academy (1 CEU)

An Introduction to Positive Psychology for Mental Health Practitioners May 2017
Mental Health Academy (1 CEU)

Emotionally Focused Therapy April 2017
Mental Health Academy (2 CEU)

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| <i>Psychodynamic Psychotherapy Techniques with Parents in Child Mental Health</i> Mental Health Academy (1 CEU) | April 2017 |
| <i>The Importance of Early Intervention for Children Who Experience Trauma</i> Mental Health Academy (1 CEU) | April 2017 |
| <i>Adolescent Depression: A Biopsychosocial Approach</i> Mental Health Academy (1 CEU) | March 2017 |
| <i>Working with Adolescents and Young Adults</i> Mental Health Academy (1 CEU) | March 2017 |
| <i>The Neuroscience of Connection</i> Mental Health Academy (1 CEU) | February 2017 |
| <i>EFT Core Skills Week I</i> Sponsored by Close Couples, Bozeman, MT (12 CEU) | January 2017 |
| <i>Child and Adolescent Psychopharmacology</i> Relias Learning Continuing Education (1.75 CEU) | November 2016 |
| <i>Understanding Borderline Personality Disorder</i> Relias Learning Continuing Education (1 CEU) | November 2016 |
| <i>4-Day Externship for Emotionally-Focused Couples Therapy</i> International Centre for Excellence in Emotionally-Focused Therapy (28 CEU) | September 2016 |
| <i>Montana Conference on Suicide Prevention (5 CEU)</i> | July 2016 |
| <i>Adolescent Suicide</i> Relias Learning Continuing Education (1.5 CEU) | May 2016 |
| <i>Bipolar and Related Disorders in Children and Adolescents</i> Relias Learning Continuing Education (1.25 CEU) | May 2016 |
| <i>Developmental Stages: School-Age through Adolescence</i> Relias Learning Continuing Education (1.25 CEU) | May 2016 |
| <i>Motivational Interviewing</i> Relias Learning Continuing Education (1.75 CEU) | May 2016 |
| <i>OnDemand Intensive Online Parent Training</i> Beyond Consequences Online | February 2016 |
| <i>Being Human: Intersubjective Dimensions in Psychotherapy & Consultation: Sponsored by Consilience Institute (4 CEU)</i> | February 2016 |

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| <i>Family Psychoeducation: Advanced Evidence-Based Practices</i> Relias Learning Continuing Education (1.25 CEU) | February 2016 |
| <i>Family Psychoeducation: Introduction to Evidence-Based Practices</i> Relias Learning Continuing Education (1 CEU) | February 2016 |
| <i>Suicide Screening and Risk Factors</i> Relias Learning Continuing Education (1 CEU) | February 2016 |
| <i>Diagnosing Children and Adolescents Using the DSM-5</i> Sponsored by Intermountain. Helena, MT (4.5 CEU) | October – December 2015 |
| <i>Reasoning with Unreasonable People: Focus on Disorders of Emotional Regulation:</i> Institute for Brain Potential (6 CEU) | November 2015 |
| <i>Attachment Disorders Part 2: Assessment, Diagnosis, and Treatment</i> Relias Learning Continuing Education (1.25 CEU) | October 2015 |
| <i>Attachment Disorders Part 1: Understanding and Defining Attachment and Trauma:</i> Relias Learning Continuing Education (1.5 CEU) | October 2015 |
| <i>Law, Ethics, and Standards of Care for Community Health Professionals</i> Relias Learning Continuing Education (1.25 CEU) | July 2015 |
| <i>Navigating the Ethics of Dual Relationships</i> Relias Learning Continuing Education (1.5 CEU) | August 2015 |
| <i>Brief Models of Family Therapy Part 2: Clinical Techniques</i> Relias Learning Continuing Education (1.5 CEU) | July 2015 |
| <i>Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT)</i> Sponsored by the Medical University of South Carolina Online training course, http://tfcbt.musc.edu (10 CEUs) | July 2015 |
| <i>Brief Models of Family Therapy Part 1: Theory and Principles</i> Relias Learning Continuing Education (1.75 CEU) | June 2015 |
| <i>Understanding Borderline Personality Disorder</i> Relias Learning Continuing Education (1 CEU) | April 2015 |
| <i>Depressive Disorders in Children and Adolescents</i> Relias Learning Continuing Education (1.25 CEU) | March 2015 |
| <i>Identifying Gender Differences in Male and Female Anger Among an Adolescent Population</i> I-Counseling.net (1 CEU) | February 2015 |

- Rethinking Trauma*** January 2015
 National Institute for the Clinical Application of Behavioral Medicine
 Webinar Series hosted by Intermountain, Helena, MT
 Interviews with Peter Levine, PhD; Bessel van der Kolk, MD;
 Stephen Porges, PhD; Pat Ogden, PhD; Dan Siegel, MD;
 and Sebern Fisher, MA (6 CEUs)
- Play Therapy Case Consultation*** January 2015
 With Crystal Amundson, MS, LCPC, RPT-S (1.5 CEUs)
 Sponsored by Intermountain. Helena, Montana
- Building Excellence in Therapists*** July 2014 – January 2015
 with Edward Gray, LCPC (19.5 CEUs)
 Sponsored by Intermountain, Helena MT
- Developmentally Informed Play Therapy*** October 17, 2014
 With Crystal Amundson, MS, LCPC, RPT-S (7 CEUs)
 Sponsored by Intermountain. Helena, Montana
- Overview of DBT and Skills Group*** July 11, 2014 & August 1, 2014
 Cathy Huntley, Conference Coordinator (9 CEUs)
 Sponsored by Intermountain. Helena, Montana
- Relational Developmental Course*** August 2013 – December 2013
 Online Course: SW491.50-CE-60019 (Autumn Semester - 2013)
 Instructor: Kate Cremer-Vogel MS, LCPC
 University of Montana
- Autism Spectrum Disorders in Children*** July 13, 2013
 With Shawna M. Heiser, MS, BCBA
 Child Wise Institute. Bozeman, Montana
- Co-occurring Mental and Substance Abuse Disorders in Youth*** May 10, 2013
 Cathy Huntley, Conference Coordinator (6 CEUs)
 Child Wise Institute. Helena, Montana
- Working with Narrative in EFT*** May 3, 2013
 With Dr. Lynne Angus, Ph.D., C. Psych. (8 hours)
 York University Psychology Clinic. Toronto, Ontario Canada
- 16 Trauma-Informed, Evidence-Based Recommendations for Advocates Working with Children Exposed to Intimate Partner Violence*** January 22, 2013
 Sponsored by the Family Violence Prevention and Services Program,
 John Hopkins Children's Center and Futures without Violence

- Using TF-CBT with Childhood Traumatic Grief*** October 2, 2012
Sponsored by the Medical University of South Carolina
Online training course, <http://ctg.musc.edu>
- Revolutionizing Diagnosis & Treatment Using the DSM-5*** September 28, 2012
With Jack Klott, MSSA, LISW, CSW
CMI Education Institute
- Emotion-Focused Therapy for Complex Trauma*** May 3-4, 2012
With Dr. Sandra Paivio, C. Psych.
York University Psychology Clinic. Toronto, Ontario Canada
- Working with the Neurological Legacy of Trauma*** September 2011 – June 2012
With Dr. Janina Fisher, PhD
10- month webinar program (one 2-hr training per month)
- Rethinking PTSD: A Blueprint for Treating Trauma*** June 2011
With Mary Jo Barrett, MSW. Trauma Teleseminar Series
National Institute for the Clinical Application of Behavioral Medicine
- Body-Mind-Spirit Integration: Sensorimotor Psychotherapy*** June 2011
With Pat Ogden, PhD. Trauma Teleseminar Series
National Institute for the Clinical Application of Behavioral Medicine
- Mind-Brain-Body Healing of Trauma: The Neurobiology of Attachment*** June 2011
With Dr. Allan Schore, PhD. Trauma Teleseminar Series
National Institute for the Clinical Application of Behavioral Medicine
- The Polyvagal Theory for Treating Trauma*** June 2011
With Dr. Stephen Porges, PhD. Trauma Teleseminar Series
National Institute for the Clinical Application of Behavioral Medicine
- EFT (Emotion-Focused Therapy): Level I Institute for Graduate Students*** May 2-5, 2011
With Dr. Sandra Paivio, C. Psych. and Dr. Alberta Pos, C. Psych.
York University Psychology Clinic. Toronto, Ontario Canada
- Healing Broken Bonds: Traumatic Attachment and Affect Dysregulation*** April 2011
With Dr. Janina Fisher, PhD.
The Human Development Clinic, Montana State University, Bozeman, Montana
- Treating the Invisible Wounds of War: Traumatic Brain Injury*** September 2010
Citizen-Soldier Support Program Online Training
The Greensboro Area Health Education Center
- Treating the Invisible Wounds of War: Post-Traumatic Stress Disorder*** August 2010
Citizen-Soldier Support Program Online Training
The Greensboro Area Health Education Center

- Living with Grief: Cancer and End-of-Life Care*** March 2010
 Hospice Foundation of America Teleconference Program
 Bozeman Deaconess Hospice, Bozeman, Montana
- Applied Suicide Intervention Skills Training.*** December 5-6, 2009
 Help Center, Bozeman, Montana (14 hours)
- The Art of Companionship the Mourning: A Workshop for Caregivers*** September 2009
 With Dr. Alan Wolfelt, PhD, CT. (5.25 CEUs)
 Dokken-Nelson Funeral Service Crematory, Bozeman, Montana
- The Wilderness of Grief: Finding Your Way*** September 2009
 With Dr. Alan Wolfelt, PhD, CT.
 Dokken-Nelson Funeral Service Crematory, Bozeman, Montana
- Turning Mourning Into Dance*** January 2009
 Montana Coalition against Domestic & Sexual Violence, Bozeman, Montana
- Emotion Freedom Technique Workshop Level I*** July 2008
 With Kathryn Karjala, EFT Practitioner, Bozeman, Montana
- Interfaith Studies and Ministry Training*** August 2004 – June 2006
 The New Seminary, New York, New York
 Studies in comparative world religions and spiritual direction
- Living with Grief – Alzheimer’s Disease*** April 2004
 Hospice Foundation of America Teleconference Program
 Bozeman Deaconess Hospice, Bozeman, Montana (2.5 hours)
- Hospice Volunteer Training*** April 2004
 Bozeman Deaconess Hospice, Bozeman, Montana (14 hours)
- Screening and Brief Intervention: Getting a GRIP on Alcohol Misuse*** January 2004
 Gallatin Responsive Intervention Partnership, Bozeman, Montana

PRESENTATIONS AND EVENTS

Co-Facilitator/Organizer: *Through the Eyes of our Military. Understanding the Transition Home: a presentation for veterans, their families & friends, and the Bozeman Community,* Bozeman Montana, November 2010.

Co-Organizer: *Downtown Bozeman Healing Walk and Ceremony.* In recognition of the loss the Bozeman community experienced as a result of the March 5, 2009 downtown explosion. Bozeman, Montana, May 31, 2009.

Presenter: *Turning Mourning into Dance*, Faith Summit Addressing Domestic Violence, Montana Coalition against Domestic and Sexual Violence, Bozeman Montana, January 2009.

AWARDS

2011 Peacemaker Award April 2011
Community Mediation Center – Bozeman, Montana

PROFESSIONAL AFFILIATIONS

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| American Counseling Association | 2010-2012; 2016-Present |
| American Psychological Association | 2010-2011 |
| Association for Spiritual, Ethical, and Religious Values in Counseling | 2010-2012 |
| Gallatin Valley Interfaith Association | 2004-2013 |
| Interfaith Temple – Ordained Interfaith Minister | 2006-Present |
| International Association of Marriage and Family Counselors | 2010-2012; 2014-Present |
| Montana Licensed Clinical Professional Counselors Association | Sept 2014-Present |

COMMUNITY SERVICE

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| Gallatin County Sheriff's Office - Bozeman, Montana | February 2012 |
| Crisis Intervention Team Training Role-play | January 2011 |
| The Help Center - Bozeman, Montana | |
| Suicide/Crisis Hotline Volunteer | 2009 – 2011 |
| Saint James Episcopal Church - Bozeman, Montana | |
| HIS Soup meal server & Family Promise Host | 2008-2010 |
| Gallatin Valley Interfaith Association - Bozeman, Montana | |
| Executive Committee Member | 2007-2010 |
| The New Seminary – New York, New York | |
| First and Second Year Seminarian Mentor | 2005-2007 |
| Haven - Bozeman, Montana | |
| Client Advocate Volunteer | 2005-2009 |
| THRIVE - Bozeman, Montana | |
| Elementary School CAP Mentor | 2004-2006 |

COMPUTER SKILLS

Applications: Best Notes, Simple Practice, Microsoft Office Professional/Developer, Visio, Publisher, and Visual Studio; Adobe Photoshop, Illustrator, Dreamweaver, MS SQL Server, and Intuit QuickBooks

Platforms: Windows XP, Windows 7/8/10 and Ubuntu Linux

REFERENCES

Furnished upon request.