

MARY P. DOBSON, LMFT, CEDS

SUMMARY OF QUALIFICATIONS

Master of Arts-Marital and Family Therapy Graduate, with considerable clinical and administrative experience working in inpatient, outpatient and school-based settings

Strong, articulate communicator who with a polished and personable demeanor

Compassionate and caring mentor, female-led business owner, clinical supervisor and community organizer

PROFESSIONAL ACHIEVEMENTS

PUBLICATIONS

Milan, S., Kershaw, T., Lewis, J., Westdahl, C., Rising, S., **Patrikios, M.** (now Dobson), & Ickovics, J. (2007). The impact of caregiving history on prenatal depression in adolescent and young adult women: Moderating and mediating effects. *Psychology of Women Quarterly*, 31, 241-251.

Dobson, M., June, 2010: "Cyber-bullying." *Ask the Therapist* column of Fairfield and Westport Citizen.

HONORS AND AWARDS

Certified Eating Disorder Specialist

IAEDP

September 2013- Present

iaedp™ established the certification process to promote standards of excellence within the field of eating disorders. Professionals who demonstrate clinical expertise through education, experience and a rigorous examination are eligible for certification as a Certified Eating Disorders Specialist (CEDS) in mental health. Individuals with the Certified Eating Disorders Specialist (CEDS) certification are health care professionals who have met rigorous educational requirements, have accumulated a minimum number of hours of qualifying work experience, have successfully passed a written examination covering the eating disorders field, have made a commitment to stay abreast of current developments in the field through Continuing Education, and have agreed to comply with the Association's Ethical Principles.

School Certification Code #268: School Marital and Family Therapist

Educator ID #: 5661199128, Certificate #: C052012001474, Endorsement Date: 5/21/12

CT License: #001507 Connecticut Marital and Family Therapist

PROJECTS

IADEP President, Southern CT Chapter

July 2013 – July 2016

Provide leadership, vision and professionalism to the Executive Committee and Chairpersons.

Evaluate chapter positions to optimize chapter growth, establish policies and provide direction.

Report directly to the iaedp Foundation Chapter Director. Meet once a quarter for one-on-one

supervision with the iaedp Foundation Chapter Director. Facilitate Officeholders meetings. Act as

host, master of ceremonies and greeter for all Chapter events.

PROFESSIONAL AFFILIATIONS

Connecticut Association for Marriage and Family Therapy
American Association for Marriage and Family Therapy

WORK HISTORY

FOUNDER / EXECUTIVE DIRECTOR

Woodlands Psychotherapy Group, dba LIFT Wellness Group

February 2010 – Present

Easton, Connecticut

- Established and grew healthcare practice offering individual, group, and family therapy services and acute-care eating disorder outpatient services. Began with a caseload of 8 patients (March 2013) and grew to a caseload of 90+ active patients (September 2018), from a word-of-mouth referral basis.
- Recruited, hired, trained/supervise three therapists and one registered dietician, who work collaboratively as contractors, each managing a caseload of 10+
- Act as community resource on eating disorders and provide coaching and consulting to professionals who wish to pursue specialization in this arena

FOUNDING DIRECTOR

Center for Discovery New England

October 2012 – February 2014

- Oversaw all aspects of the program to ensure quality and initiate quality improvements
- Recruited, hired, trained/supervised staff of 25+ and led weekly Treatment Team Meetings to ensure consistent and effective communication between treatment team members
- Provided proper oversight of client development and progress and to ensure a team approach is utilized in the treatment of clients
- Monitored and assessed staff morale and build team spirit and continuity
- Provided ongoing training of facility employees, and oversight/supervision to all staff
- Provided in-service trainings to all Professional and Counseling treatment staff. Evaluated and appraised the professional staff.
- Completed utilization reviews. Ensured compliance with policy and procedure manual, health code policies, JACHO and licensing regulations.
- Provided oversight and audits as necessary. Maintained client caseload, assigned client cases based upon match with therapist, provided individual, family therapy
- Co-led clinically oriented groups; provided oversight of all groups conducted
- Participated in the marketing plan: maintained collaborative relationships with outpatient treatment team professionals, conducted facility tours for professionals and families in the community
- Provided on-call support and ultimate oversight on clinical matters
- Launched original Center for Discovery site (Southport CT, October 2012) and oversaw launch of second Center for Discovery New England site (Fairfield, CT, August 2013)

LEAD CLINICAL THERAPIST

The Children's Center

February 2012- October 2012

Hamden, CT

- Utilized Motivational Enhancement Therapy and Cognitive Behavioral Therapy to perform individual, group and family therapy in order to help students reach their full academic potential and learn to balance extra-curricular activities with family and social life
- Assessed for barriers to academic performance as well as personal/family obstacles and developed comprehensive individualized treatment plans with attainable and concrete goals

and objectives

- Ran weekly treatment team meetings and Multi-family groups
- Consulted with probation officers, school personnel, DCF workers, medical prescribers and parents on a regular basis
- Performed crisis intervention and assist youth with addiction issues, impulsive behavior, eating disorder, judgement, social skills development

MARITAL AND FAMILY THERAPY STAFF CLINICIAN

The New Learning Center for Therapy, LLC

February 2010- March 2011

- Provided counseling services to clients and their families in order to better the emotional, educational, social and physical well being of children and adolescents
- Utilized family-centered case management approach; acted as liaison between school, clients and families
- Performed academic/career counseling and relationship-based therapy
- Assessed for and helped identify at-risk clients, advocated for clients with educational disabilities and provided early intervention services
- Closely collaborated with psychiatrists, DCF and school personnel to ensure comprehensive client care

SCHOOL-BASED MARRIAGE AND FAMILY THERAPIST

Stamford Public School System

February 2010- December 2010

Stamford, CT

- Provided comprehensive mental health services to students in order to help them meet the goals on IEP's and 504 plans and make annual yearly progress
- Performed individual and group therapy daily with at-risk students to assist them in identifying and addressing obstacles to academic success
- Incorporated families into therapeutic work to assist meeting specific targets and goals set for each student
- Co-coordinated truancy- prevention program involving at-risk students and their families
- Functioned as a part of the larger mental health team in order to create a school that is safe and healthy for students to attend and for staff to work
- Created trainings in order to raise awareness on mental health issues that can impact student performance, such as depression, educational disabilities, school phobia's, developmental delays, etc.
- Facilitated groups on bullying, divorce, substance abuse, domestic violence, acculturation, teen pregnancy

EDUCATION

FAIRFIELD UNIVERSITY

GRADUATE SCHOOL OF EDUCATION AND ALLIED PROFESSIONS

Post-Master's Certification in School-Based Marriage and Family Therapy

Awarded December 2010

FAIRFIELD UNIVERSITY

GRADUATE SCHOOL OF EDUCATION AND ALLIED PROFESSIONS

Master of Arts in Marriage and Family Therapy

Awarded May 2010

**FAIRFIELD UNIVERSITY
BACHELOR OF ARTS**

Sociology and Anthropology, Psychology

Awarded May 2007

GPA: 3.5 overall, 3.7 in major

Activities: Phi Beta Kappa: The National Honors Society for Sociology and Psi Chi: The National Honors Society for Psychology

REFERENCES

* numbers available upon request

DR. MARCIE SCHNEIDER

Greenwich Adolescent Medicine, Greenwich, CT
Colleague, Center for Discovery and private practice

MS. BROOKE LILLIE

Brooke Lillie Therapy, Westport/Greenwich, CT
Colleague, Center for Discovery and private practice

MS. MARIA TRIPODI, RD

Westport, CT
Colleague, private practice

MS. SUZANNE HENRICKS, RD

Westport, CT
Colleague, private practice

MS. NICOLE FERRI, RD

Inspire Nutrition, Easton, CT
Colleague, private practice

JOE O' CALLAGHAN

Supervisor/Mental Health team, Stamford PS,
Colleague, Stamford PS

MS. MARISSA GELBAND NAARDEN, LCSW

Colleague, The Children's Center, Hamden

MS. BETSEY LEBOW

Colleague, Fairfield University GSEAP, private practice

MS. KATHERYN MIN,

Fairfield University Counseling Center, Fairfield, CT
Colleague, Fairfield University GSEAP