



Elizabeth Cappelletti

LICENSED MARRIAGE & FAMILY
THERAPIST

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SKILLS

- Psychotherapy/ Life Coaching
- Public Speaker/ Educator/ Instructor
- Social Media marketing & content creation
- Integrative & Holistic Medicine for Mental Health
- Hypnotherapy
- EMDR
- Brainspotting
- Sound Healing
- Massage Therapy
- Breathwork
- Meditation & Mindfulness
- Art Therapy
- CBT
- ABA
- Bilingual Spanish
- Pet therapy

EDUCATION

MA IN CLINICAL PSYCHOLOGY
Pepperdine University
June 2006

BA IN PSYCHOLOGY
California State University Long Beach
December 2002

PROFILE

I am an LMFT specializing in integrative medicine for mental health. I weave my extensive trainings and background to provide counseling services, life coaching, education and training to the community. I am passionate about helping others on their healing journey and hope to teach providers how to effectively work with clients struggling with various challenges affecting their mental health.

PRIVATE PRACTICE

Mind-Body Wellness Center

2008 - Present

- Provide mental health counseling for individual adults, couples, families, children and teens
- Speak at community events to educate the public and local schools about various topics relating to mental health
- Social media engagement providing education and tips to help the public with various challenges they may be facing
- Course & Content creator
- Advertising, marketing, record keeping for the wellness center
- Licensed in 2010 previously working in private practice under licensed Psychologist

CLINICAL SUPERVISOR

2003-present

- Provide supervision to MFT associates and undergraduate students
- Mentor interns and associates regarding therapeutic approaches with clients as well as business management, marketing and building a private practice

COURSE CREATOR/EDUCATOR

Overcoming Anxiety

2022-2024

- Created master level certification course: An Integrative & Holistic Approach to Overcoming Anxiety
- Utilized zoom recording, CANVA design and graphics & Cap-cut to create content
- Created all content, editing & design
- Utilized Kajabi & Digital Course Hive for course platform

CERTIFICATIONS

- Certified Breathwork Facilitator- 2024
- Certified Sound Healer- 2024
- SYMBIS Facilitator: 2024
- Certified NLP Practitioner-2023
- HeartMath Clinical Certification- 2022
- Certified Integrative Mental Health Provider (CIMHP)- 2020
- Certification in Treating Anxiety in Children & Adolescents- 2020
- Meditation & Mindfulness- 2019
- Certified Compassion Fatigue (CCFP)- 2017
- Certified Hypnotherapist- 2014
- Certified FAMILY Rules therapist-2008
- Art Therapy- 2007
- Massage Therapy- 2002

ADDITIONAL TRAINING

- Brainspotting (certification in progress)
- Breathwork (certification in progress)
- EMDR
- ADHD
- IFS
- Polyvagal Theory
- Autism
- Bipolar Disorder
- Psychedelic Assisted Therapy
- Play Therapy
- Sand Tray Therapy
- CBT
- DBT
- Social Media Marketing & Content Creation

PUBLIC SPEAKER/EDUCATOR

Community Events, Schools, Churches

2007-Present

- Speak to large and small audiences on various mental health topics
- Create content, digital design and production
- Advertising & Marketing
- Live Q & A with quality engagement

APPLIED BEHAVIORAL ANALYSIS

Pacific Child Family & Associates

2010 - 2011

- Provided 1:1 ABA therapy for children with autism ages 2-13
- Worked collaboratively with agency and families in implementing new goals for clients
- Provided parenting education to caregivers to increase children's compliant behavior, communication and comprehension

PRODUCER/CREATOR

The Holistic Success Show

2009-2011

- Created TV and web based show based on educating viewers about how to be happy, healthy and successful in all areas of their life
- Discussed topics of parenting, relationships, personal growth, spirituality, nutrition, and physical health
- Interviewed various guests on relevant topics to health and wellness

MFT INTERN

Providence Community Services

2007-2008

- Provided mental health services to children and families in the Latino community
- Conducted majority of sessions with families and parents in Spanish language
- Medi-Cal billing
- Ran art therapy groups for children and adolescents
- Worked in collaboration with social services, medical doctors, and other referral sources
- Attended Bi-weekly group and individual supervision

MFT TRAINEE

Pepperdine Community Counseling Center

2005-2006

- Provided mental health services to adult men and women with a variety of mental health concerns at low-cost/free mental health clinic
- Reported to Supervisors weekly for individual and group therapy

HONORS & AWARDS

- CAMFT: Active member since 2005
- Intern of the Year: OC Child Abuse Prevention Center 2002
- Psi Chi National Honor Society: Member since 2002
- Graduated Magna Cum Laude 2002
- Phi Kappa Phi National Honor Society: Member since 2002
- Golden Key National Honor Society: Member since 2001
- Scholarship Recipient: Monarch Beach Rotary Club 1998-2000
- Scholarship Recipient: National Hispanic Scholarship Fund 2000

PUBLISHED BOOKS

- *Angel Baby* (2014) - author and illustrator- children's book helping children cope with loss from miscarriage
- **Raising Healthy Children & Teenagers* (2009)- parenting book
- **Getting it Right: A Guide to Healthy Relationships* (2008): book helping individuals find and maintain healthy romantic relationships

**Co-authored with Dr. Robert Puff*

THERAPEUTIC ART FACILITATOR

Art & Creativity for Healing

2007-2009

- Facilitated therapeutic art groups in Spanish within the Latino community for adults
- Facilitated group processing of emotions that surfaced during art therapy

THERAPEUTIC AIDE

Private Family

2006

- Provided therapeutic assistance to child with Autism Spectrum Disorder at her school
- Assisted child in reducing and regulating aggressive impulses and outbursts
- Collaborated with family and child's therapist on regular basis

TEACHING ASSISTANT: TECHNIQUES IN COUNSELING & PSYCHOTHERAPY

Pepperdine University

2006

- Provided support to professor in various areas including grading, research, editing, proctoring exams and office support

CLUBHOUSE COORDINATOR

A Light in the Window

2005-2006

- Facilitated group sessions, art therapy and extracurricular activities for mothers in the Latino Community
- Worked primarily with Spanish speaking mothers, facilitating most activities in Spanish
- Assisted groups in processing emotions
- Assisted founder in providing support to at-risk mothers in the community

SPECIAL EDUCATION TUTOR

Private Family

2003-2008

- Assisted child with learning disabilities with all school work and assignments
- Attended IEP meeting to advocate and support child
- Served as a mentor for child and support for mother

PASSIONS

- Spirituality & Faith
- Family
- Helping Others
- Spiritual, emotional & intellectual growth
- Community
- Education & trainings
- Travel
- Music
- Dance
- Art

LICENSED MESSAGE THERAPIST

Private Practice, Day Spa & Chiropractic Offices

2002-2007

- Provided massage therapy for patients at chiropractic offices working in collaboration with doctors for rehabilitation and relaxation
- Work with patients in office and home as well as day spa to provide stress relief and relaxation
- Work with clients in somatic realm connecting physical and emotional stress and helping them on their healing journey

UNDERGRADUATE TUTOR

CSULB

2002

- Research Methods Curriculum

TEACHING ASSISTANT: RESEARCH METHODS & GENERAL PSYCHOLOGY

CSULB

2001-2002

- Provided support to professors in various areas including grading, research, editing, proctoring exams and office support

RESEARCH ASSISTANT: VETERAN'S HOSPITAL

CSULB

2002

- Facilitated research assessments relating to mental health and effects of PTSD on emotions and brain functioning
- Worked directly with research participants
- Collected and recorded data for research purposes

INTERN: PARENTING EDUCATOR & ADVOCATE

Orange County Child Abuse Prevention Center

2002

- Provided in-home parenting education to new mothers
- Advocated for clients and provided transportation to medical and therapy appointments
- Services provided primarily with Spanish

TEACHER'S AIDE: SEVERE TO MODERATE SPECIAL EDUCATION

San Joaquin Elementary School

2001-2003

- Provided support to teacher and staff for students with moderate to severe mental, emotional and physical disabilities.
- Worked directly with the students in completing their work and helping them settle down and get regulated when overwhelmed or triggered