

Keith Kurlander, M.A., LPC

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Keith Kurlander, M.A., LPC is a psychotherapist available to work with individuals, couples, and groups in Boulder, CO. In private practice he specializes with individuals and couples with issues related to adjustment, life purpose, communication, mood disturbances, substance abuse, spiritual matters, and social difficulties. He has a strong background in working with groups in a variety of settings and modalities. He has led workshops for multicultural issues, men's work, and rituals. Keith has taught Family Systems, Personality Theories, and Gestalt in Naropa University's undergraduate and graduate programs. He has served as Co-Director of Undergraduate Advising, Retention Coordinator, and Director of the Academic Support Program at Naropa University, where he initiated, collaborated and instituted university-wide programs. He has supervisory experience in a number of positions. Keith is a certified yoga instructor and bodyworker.

The following Curriculum Vitae contains information relevant to Keith's education, professional experience, and volunteer activities.

EDUCATION

Naropa University, Boulder, CO. (2002 – 2005)

- M.A., Transpersonal Counseling Psychology.

University of Massachusetts, Amherst, MA. (1993 – 1997)

- B.A., Business Administration, Isenberg School of Management.

Certifications & Additional Training:

Three-year Dagara Apprenticeship Program, Cherry Plains, NY. (2013-2015)

- Seeking certification in the teaching and practices of Malidoma Patrice Some and the Dagara people

Somatic Experiencing, Denver, CO. (2013)

- Beginner Level 1

LivingWorks Education, Boulder, CO. (2008)

- Certified ASIST (Applied Suicide Intervention Skills Training)

Gestalt Institute of the Rockies, Golden, CO. (2003-2004)

- Theory and Practice of Gestalt Psychotherapy.

Amrit Yoga Institute, Cumberland, RI. (2001, 2006)

- Certified Yoga and Meditation Instructor.

NOLS, Boulder, CO. (2006)

- Certified Wilderness First Responder.

HEALTH PROFESSIONS

Private Psychotherapy Practice, Boulder, CO. *Psychotherapist, Group Facilitator (2005 - Present)*

- Full-time private practice psychotherapist working with couples and individuals in an office setting.
- Specializing in issues related to adjustment, life purpose, communication, conflict resolution, substance abuse, educational needs, attention deficits and social difficulties. Utilizes psychodynamic, solution-focused, mindfulness, life coaching, cognitive behavioral, trauma psychology and body-centered techniques.

- Facilitates groups for different populations.

SUWS Adolescent & Youth Programs, Shoshone, ID. *Field Supervisor & Lead Psychotherapist (2004-2006)*

- Directed treatment for diverse groups of at-risk teens ages ten to eighteen in a wilderness therapy program. This program uses experiential therapies, solution-focused models, and education as its primary intervention.
- Performed initial assessments/diagnosis to create individualized treatment plans for clients and families. Utilized psychological testing results to inform therapeutic outcomes. Responsible for suicide assessments and precautions for high-risk clients. Supervised on-call crisis team.
- Facilitated weekly individual and group therapy sessions using solution-focused, family therapy, psychodynamic, CBT, gestalt techniques, and drug and alcohol abuse counseling. Assigned weekly therapeutic exercises and aided each client in setting meaningful and measurable goals.
- Supervised Field Instructors around therapeutic outcomes for each client and group. This involved training and educating the instructors on therapeutic strategies and interventions.
- Recommended and planned aftercare for each student using therapeutic boarding schools, residential treatment centers, intensive outpatient programs, behavioral contracts for home, mentors, family and individual therapy, and public resources.

Longmont Mental Health Center, Adult Outpatient Services, Longmont, CO. *Psychotherapist Intern (2004-2005)*

- Held a thirty client caseload of a diverse population of families and individuals. Utilized a variety of counseling techniques such as brief solution focused, gestalt, psychodynamic, cognitive behavioral, etc.
- Co-facilitated an adult coed cognitive-behavioral group. Co-created and co-facilitated an anger awareness group for troubled teens.
- Attended all psychiatric evaluations and weekly consultations with treatment team.
- Participated in weekly trainings on solution-focused and cognitive behavioral therapy.

Boulder County Mental Health Center, Emergency Psychiatric Service, Boulder, CO. *Crisis Intern (2003 – 2004)*

- Trained as an interventionist for clients exhibiting severe states of mental distress and crisis. This year long training included workshops, weekly classes, intensive direct and indirect supervision, and direct client contact.
- Served as a clinician on an emergency psychiatric crisis hot line for calls related to suicidal thinking and planning, severe depression, psychosis, emotional crisis, and psychotropic medication needs.
- Facilitated therapeutic interventions in person for adults, children and families suffering from exposure to recent trauma, drug and alcohol intoxication, psychotic episodes, suicidal planning, mania, and other crisis related symptoms.
- Diagnostic assessor and evaluator of mental disorders for clients of all ages seen at hospitals, jails, mental health centers, homes, and police stations.
- Responsible for planning and executing treatment placement for clients in acute crisis by utilizing public resources. Determined if client met 72-hour mental health hold criteria.

Soar High School, Broomfield, CO. *Drug Abuse Group Facilitator (2004)*

- Group facilitator at a privately funded high school for adolescents in recovery from drug/alcohol addiction.
- Facilitation of a bi-weekly group of eight adolescents, focusing on support, interpersonal growth, anger management, self harm behaviors, and recovery.

TEACHING & ADVISING EXPERIENCE

Naropa University, Boulder, CO.

Co-director of Undergraduate Advising, Director Academic Support Program, and Retention Coordinator (2007 – 2011)

- Co-director and Academic advisor for all undergraduate students focusing on academic planning, career interests, major declaration, crisis resourcing, and life skills development.
- Developed and implemented a program for students with academic issues addressing study skills, life skills, counseling services, and mentorship from a strength-based approach. Supervises eight staff.
- Involved with university wide planning and development in regards to increasing student success and retention.

- Extensive use of university computer systems such as: Student Information System, WebRegistration, and scheduling.

Naropa University, Boulder, CO. *Adjunct Faculty (2006 – present)*

- Instructor for Family Systems, Personality Theories and Gestalt in the undergraduate contemplative psychology program.
- Instructor for Family Systems in the graduate counseling psychology program training psychotherapists.
- Teaching Assistant for the graduate course Multicultural Issues in Counseling.

Wesleyan University, Middletown, CT. *Diversity Workshop Coordinator and Facilitator (2007)*

- Contracted with Wesleyan University to create, coordinate and facilitate their first three day workshop exploring the intersection between Multicultural Issues and Contemplative Practices. Sixty student leaders attended the workshop which taught innovative ways in addressing diversity issues and promoting non-violent dialogues.

Yale University, New Haven, CT. *Spiritual Encounter Process Creator (2001)*

- Facilitated a weekend workshop on spirituality and life purpose for members of the Yale Varsity hockey team.

VOLUNTEER WORK ENVIRONMENTS

Shadow Cliff Retreat, Grand Lake, CO. *Life Coach Volunteer/Group Facilitator (2008-present)*

- Volunteer at a summer wellness retreat for people with HIV/Aids. Leads support groups and individual psychotherapy sessions focused on grief, purpose and developing internal and external resources.

Kripalu Center for Yoga and Health, Lenox, MA. *Special Projects Volunteer (1999, 2001, 2006)*

- Participated and facilitated a daily group process for team leadership skills, multicultural issues, and personal growth.