

Katharine (Katie) Vernoy, M.S., LMFT

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EDUCATION:

Masters of Science, Clinical Psychology, January 2003

California State University, Fullerton

Bachelor of Arts, Psychology and Theater, May 1997

Occidental College, Los Angeles, CA

LICENSURE AND REGISTRATION:

Licensed Marriage and Family Therapist

California License #: LMFT 42604, Issued: December 2005, Exp: June 2025

Arizona License #: LMFT15931, Issued: February 2023, Exp: February 2025

Florida Registered Telehealth Provider #: TPMF977

MANAGEMENT AND CONSULTATION EXPERIENCE:

Therapy Reimagined, Greater Los Angeles Area, CA

Co-Founder, October 2017 – Present

- Developing, marketing, and producing workshops, conferences, and on-demand continuing education
- Co-presenting and creating law and ethics continuing education courses
- Obtaining and nurturing sponsorship relationships, with increasing partnership revenue year over year
- Co-hosting and producing the *Modern Therapist's Survival Guide*® podcast
- Moderating a large on-line community

Evolve to Thrive Consulting, Greater Los Angeles Area, CA

Management Consultant, March 2013 – Present

- Consulting with individuals, teams, and organizations
- Facilitating retreats and individual or team meetings to support company goals and employee wellness
- Training for teaming and effective communication
- Performing needs assessments for individuals, teams, programs, and companies
- Recruiting, sourcing, and on-boarding support for executives and team members
- Developing protocols, procedures, and practices that support productivity, compliance, and efficiency
- Supporting program design, creativity, and innovation

Los Angeles Child Guidance Clinic, Los Angeles, CA

Director of Intensive Services, December 2011 – January 2013

- Clinical Division Director over Wraparound, FSP, FCCS, and TBS
- Hired, trained, and supervised staff to match increasing division size (to 40) and budget (to \$5MM)
- Increased productivity, contract compliance, employee retention
- Program development and design for TBS (new program to the Clinic)

Los Angeles Child Guidance Clinic, Los Angeles, CA

Intensive Services Programs Coordinator, January 2011 – December 2011

- Clinical program manager for Wraparound and TBS
- Administrative and clinical supervision
- Hired and trained staff to match increasing program size and budget
- Increased productivity, contract compliance

Los Angeles Child Guidance Clinic, Los Angeles, CA

CalWORKs Coordinator, January 2007 – December 2010

- Clinical Program Manager for the CalWORKs Mental Health Program
- Received four consecutive Achievement Awards for Best Practices in the CalWORKs Program from Los Angeles Department of Mental Health in 2007, 2008, 2009, and 2010
- Client awards for Success from DMH in 2008, 2009, and 2010
- Coauthored the successful response to the Request for Proposal for Contracts in 2010
- Increased productivity and contract compliance, improved contract maximization
- Coordinated services with county agencies and developed community partnerships

CLINICAL EXPERIENCE:

Private Practice, Greater Los Angeles Area, CA

Clinician, August 2010 – Present

- Clinician licensed almost 20 years with clinical work focused on career, leadership, and trauma
- Providing telehealth, in-office, and outdoor therapy

Los Angeles Child Guidance Clinic, Los Angeles, CA

CalWORKs Coordinator, January 2007 – December 2010

- Group therapy for Women Survivors of Sexual Trauma
- Therapy for CalWORKs participants, focused on removing mental health barriers to employment.
- Clinical Supervision for CalWORKs clinicians as well clinicians from PEI and EPSDT programs

Los Angeles Child Guidance Clinic, Los Angeles, CA

Clinical Therapist, April 2005-December 2006

- Assessment, diagnosis, treatment planning, and psychotherapy for individuals, children and groups
- Coordinated services with treatment teams including case managers, psychiatrists, Regional Center Staff, school personnel, DCFS, probation, family members, and natural family supports

Masada Group Homes, Gardena, CA

Residential and Community Therapist, January 2004 – June 2005

- Assessment, diagnosis, treatment planning, and case management for adolescents and children in residential, school, and home-based settings.

Gerry House West, Santa Ana, CA

Counselor, October 2002- December 2003

- Inpatient individual and group therapy for treating substance abuse with adults with special medical concerns and dual diagnosis.

Straight Talk Clinic, Cypress, CA

Intern in Marriage and Family Therapy, August 2001- December 2003

- Assessment, treatment planning, and psychotherapy for children, adolescents, families, couples, and adults within a community-based clinic.

ORGANIZATIONS:

California Association of Marriage and Family Therapists

- **Ethics Committee, Member** 2024-Present
- **Governance Committee, Member** 2022-Present
- **State Board, President Cycle (President-Elect, President, and Past President)** 2018-2021
- **State Board, Director-At-Large** 2016-2018

South Bay Business Women's Association: Conference Sponsorship Chair, 2016-2018

NOTABLE PRESENTATIONS:

June 14, 2024: Trauma Informed Workplaces with Curt Widhalm, Barrio Action, Los Angeles, CA

October 7, 2023: Leading with Wisdom: Aligning your practice with your values to become the leader you are called to be, Wise Practice Summit, Savannah, GA

May 5, 2023: Beyond Burnout Prevention: Optimal performance for therapists to improve client outcomes with Curt Widhalm, CAMFT Annual Conference, Santa Clara, CA

October 14, 2021: "Heroes" and "Helpers": Why do we give more than we have? Health and Wellness Lecture Series for Torrance Memorial Staff, Virtual

September 25, 2021: Beyond Reimagination: Moving the mental health field from thought to action with Curt Widhalm, Therapy Reimagined Conference, Virtual Conference

September 24, 2020: Showing Up for Our Clients: The Modern Therapist's Impact on Therapy Outcomes with Melvin Varghese, PhD, Therapy Reimagined Conference, Virtual Conference

February 13, 2020: Systemic Self-Care with Curt Widhalm, Couples in Connection Conference, Kauai, HI

October 18, 2019: Defining the #TherapyMovement with Curt Widhalm, Therapy Reimagined Conference, Los Angeles, CA

October 13, 2018: Compassion Fatigue: Sacrificial Helping Syndrome, Seventh Annual Department of Energy Contractor Employee Assistance Program Training, Albuquerque, NM

October 6, 2018: The Modern Therapist's Survival Guide with Curt Widhalm, Therapy Reimagined Conference, Los Angeles, CA

October 5, 2018: What Therapists Get Wrong: Traps, Pitfalls, and Funny Stories About the Therapeutic Alliance with Paul Gilmartin, Therapy Reimagined Conference, Los Angeles, CA

July 8, 2018: Sacrificial Helping Syndrome: Why do therapists give more than they have?, San Fernando Valley CAMFT chapter meeting, Woodland Hills, CA

May 18, 2018: The Brand Called You: Legal and Ethical Issues in Building a Personal Brand with Katie Vernoy, Los Angeles, CA

August 22, 2017: Sacrificial Helping Syndrome: Why do we give more than we have?, Thelma McMillan Center, Torrance, CA

September 16, 2016: The Power of a Strong Team: SWOT and Team Building with Fusion Academy Miracle Mile: Los Angeles, CA

August 5, 2016: Let's Ban Burnout: How to stop running and start thriving at work, Conference for Libraries, Rancho Cucamonga, CA