

COLLEEN PERRY

(310) 259-8970

255 Main Street Suite 301, Venice CA 90291

Colleen is a Los Angeles based licensed psychotherapist focusing on treatment and prevention of various disorders including; eating disorders, anxiety, PTSD, mind body, chronic pain, self- injury behaviors, depression, spiritual exploration, sexual identity, life transition, and grief and loss issues. As a part of Colleen's practice she works with adolescents and teenagers, combat veterans, athletes concerned with performance enhancement, individuals and couples.

Colleen has presented and provided facilitation to a wide range of professionals including psychiatrists, psychologists, psychotherapists, oncologists, neonatologists, medical residents, pediatricians, dieticians, nurses and medical staff at a variety of different hospitals. Her most requested topics have included: The Dangers of Dieting, How to Recognize and Eating Disorder, Cultural Drive for Thinness, Recognizing and Treating Self Injurious Behavior, Neurofeedback- An Ideal Adjunct Therapy, The Media's Influence on Body Image, What You Need to Know When Working with Combat Vets, and Military Sexual Trauma.

Education

- Colloquium – Intensive training: in Interpersonal Neurobiology with Dan Siegel MD
- Trauma Resiliency Model Levels I and II
- Non-Violent Communication Training and Coaching with Bill Stierle
- Herrmann Brain Dominance Model with Bill Stierle
- National University M.A. Counseling Psychology graduated with Honors
- Boston College 1983-1987 B.A. Political Science

Professional Positions

Current Private Practice:

- As a licensed psychotherapist focusing on treatment and prevention of various disorders, Colleen employs various modalities and techniques including but not limited to: Interpersonal Neurobiology (IPNB), Cognitive Behavioral Therapy (CBT), Trauma Resiliency Model therapy (TRM), Mind/Body Medicine (TMS/PPD), Mindfulness Based Stress Reduction (MBSR), Acceptance and Commitment Therapy (ACT), Non-Violent Communication (NVC) and EEG Biofeedback (aka Neurofeedback). My therapy dog and companion, Murray, comes to work with me every day.
- Volunteer for the Soldiers' Project- providing pro bono therapy to combat veterans of the Afghanistan and Iraq wars. Specializing in treating post traumatic stress disorder.
- Volunteer for A Home Within- providing pro bono therapy for children in the foster system.
- Director Free 2 Be Me Dance, a 501 (c)(3) Non-Profit organization
 - Bringing the joy of dance to individuals with Down syndrome
 - Serving 30 special needs families in Southern California
 - 6 years, multiple cities
- Co-Founder, Through the Looking Glass: a support program providing practical tools for eating disorders and body image issues helping participants regain control over their choices.

Professional Presentations:

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| • Psychologists | • Psychotherapists |
| • Oncologists | • Neonatologists |
| • Medical Residents | • Pediatricians |
| • Dieticians | • Nurses |
| • High Schools | • Parent Groups |
| • Purchasing Departments and medical staff at various hospitals. | |
| • Combat Veterans | |
| • M.S.W. Interns | |

Presentation: "Military Sexual Assault"

- 3 hour presentation on definition of MST, institutional and cultural factors in MST, complicating factors, standards of treatment for MST.

Presentation: "What You Need to Know When Working with Combat Vets"

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- 5 hour presentation on military culture, paradoxes, transition issues, and The Neuroscience of Being Human: how acute stress may lead to PTSD.

- Guest Expert for the Larry Elder Show
 - “Teens Being Verbally Abused by Family Members for Being Overweight”
- Featured Speaker: Del Amo Hospital Presents “Eating Disorders: Focus on Symptomology and Treatment”
 - “Needs Based Communication as an Effective Tool in Treating Eating Disorders”
 - “Craving Perfection” The Use of Media Images with Clients to Treat Eating Disorders”
- Featured guest on Shrink Rap radio show on KCSN 88.5 Los Angeles
 - “The Dangers of Dieting and Eating Disorder Awareness”
- Guest panelist for SGI USA Soka Gakkai International USA
 - Eating Disorder education
- AYARN
 - “Neurofeedback: An Ideal Adjunct Therapy”
- Marymount High School and Olympic Academy, Brentwood, CA
 - How to Recognize an Eating Disorder, Self-Injurious Behavior
 - The Dangers of Dieting, How to Recognize an Eating Disorder, Cultural Drive for Thinness, Media’s Influence on Body Image
- Guest Panelist for the *Thin Line*, Marymount High School, and Notre Dame Academy. The Thin Line is a one woman show on the devastating effects of eating disorders.
 - Invited as an expert in eating disorders to answer questions from students and parents after viewing the play.
- Training crisis help line counselors for the Gay and Lesbian Center
- Volunteer therapist with the Soldier’s Project providing trauma treatment to combat veterans.
- Regular contributor to The Huffington Post on societal and psychological issues.

Prior:

- Mead Johnson Nutritionals: Territory Sales Manager- responsible for pharmaceutical and nutritional sales to private physicians: internal medicine, pediatricians, oncologists, Ob Gyns, infectious disease specialists, and general practitioners, as well as institutions, pharmacies and hospitals, including Cedars-Sinai Medical center, UCLA Santa Monica Medical Center, St. John’s Hospital, and many others.
- Ben & Jerry’s of CA: Director of Management Training for Southern California. Developed and Implemented sales and management training as well as customer service protocols for 15 California stores.

Training, Practica and Internship:

- Project Touch, Hermosa Beach, CA: trainee, MFT intern, 1998-2002.
 - Provided group counseling, mentorship, leadership training, and life skills training to At- Risk Teens in the South Bay Area.
 - Project Touch is a non-profit organization serving multiple schools systems helping teens improve social skills, educational goals, requirements of probation, teens suffering from abuse, and those in transition between foster homes.
- Airport Marina Counseling Center, Los Angeles, CA: MFT intern,
 - Non profit, community –based clinic serving the mental health of the area residents.
 - Treated individuals, couples, and families for depression, anxiety, drug addiction, court/ probation issues, anger management, and relationship issues.

Professional Affiliations

- NEDA: National Eating Disorder Association
- CAMFT: California Association of Marriage and Family Therapists
- LATFED: Los Angeles Task Force on Eating Disorders
- IAEDP Los Angeles

Awards

- “Accent on Excellence Sales Award; 1998-1999”
- “La Costa sales recognition award; 1997”

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- “Ranked # 1 sales representative in the district; 2000”