

SHEA ALEXANDER
Phone: 214-697-5557
www.lifeguidetexas.com

Brief Biography

Education

Master of Arts in Counseling Psychology, University of Minnesota, Duluth, MN. Logotherapy Associate, Viktor Frankl Institute of Logotherapy, Abilene, TX

Certifications and Licenses

2015 – Present **DAPA: Diplomat** Designation by American Psychotherapy Association

2014 – Present **CPC: Certified** Life Coach by Life Coaching Institute of Orange County

2007 – Present **BCPC: Board Certified** Professional Counselor, American Psychotherapy Association

2004 – 2018 **LPC-S: Licensed** Professional Counselor Approved Supervisor by Texas State Board

2001 – Present **LPC:** Licensed Professional Counselor, State of Texas

2003 – Present **Certified** Logotherapy Associate-Viktor Frankl Institute of Logotherapy

2001 – Present **LPC: Licensed** by Texas State Board of Examiners of Professional Counselors

1990/1994 **PA: Licensed** by Maryland Board of Physician Quality Assurance

1990/1994 **CPC: Certified** by Maryland State Board of Professional Counselors

Areas of Special Professional Training /Experience

- Individual, Family and Group Counseling
- Thought Field Therapy (TFT)
- Mindfulness
- Brainspotting (BSP)
- Emotional Transformation Therapy (ETT)
- Transitional Analysis (TA)
- Logotherapy, Viktor Frankl Institute of Logotherapy
- Trauma Focused Intervention and treatment
- Sexual Abuse Prevention and Treatment
- Crisis/Trauma Intervention
- Suicide Prevention/Intervention
- Family Violence (child/spouse abuse)
- Life Coaching

Brief Work History

2001-Present **Clinic Director/Owner**, Life Guide Services, Plano, TX

1996-Present **Community Service****, PTA/PTO Officer (Honorary Life Member)

2009-2015 **Clinical Director**, DARCC, Dallas Area Rape Crisis Center, Dallas, TX

2008-2009 **Clinical Director***, Victims Outreach, Dallas, TX
2002-2009 **Clinical Director**, The Turning Point, RCCCC, Plano, TX
2003-2009 **Board of Directors****, Texas Association Against Sexual Assault
1990-1994 **PA/Psychotherapist***, Private Practice, Bethesda & Gaithersburg, MD
1987-1990 **Senior therapist**, Montgomery Co. Crisis Center, Bethesda, MD
1983-1987 **Program Director**, Tarrant County Suicide/Crisis Intervention, TX
Program Supervisor, Parents Anonymous of Tarrant County, TX
1985-1987 **Adjunct Instructor of Social Work***, TCU (privileges only), TX

* Part time position ** Volunteer Position