

KATHRYN DE BRUIN

Kathryn de Bruin Family Therapy and Training, Inc
619 352 0054
www.kathryndebruin.com

QUALIFICATIONS

Professionally I am business owner, speaker and trainer of therapists with over 10 years of experience working with individuals, couples and families. My training is as a licensed Marriage and Family Therapist and I work in private practice in San Diego. With a love for teaching, I enjoy providing training to therapists around the world, and have developed Emotionally Focused Therapy in South Africa. On a personal note I have been married for over 20 years and have three children with whom I love to spend time.

EDUCATION

- 2001–2004 Masters in Marriage and Family Therapy, Bethel Seminary, San Diego. **Summa Cum Laude**
1992–1995 Bachelors in Social Work, Stellenbosch University, South Africa, with a major in Psychology and Social Work

CERTIFICATION/TRAINING

- 2018 AAI Adult Attachment Interview Training
2018 Theraplay Training
2016 Preschool Attachment Assessment by Patricia Crittenden
2015 **Emotionally Focused Therapy Trainer**
2010 **AAMFT Supervisor**
2010 **Registered Play Therapy Supervisor**
2009 Certified Emotionally Focused Therapist and Supervisor
2006 Children's Apperception Test (CAT)
2004 EMDR Level 1 and 2 Training
2003 Trained Prepare Enrich Counselor, Life Innovations, Inc.
2001 YWCA Training in Domestic Violence and volunteer hours.
1997 Certificate in Renee Potgieter Child Assessment and Child Therapy Model, Pretoria, South Africa.

PUBLICATIONS

de Bruin, K., Anderson, C. & Lesch, E. (2016). Hold Me Tight Comes to Vrygrond, South Africa. p 8 – 9. The EFT Community News, 31, Fall.

de Bruin, K., McMains, J. & Brubacher, L. (2011). High Stakes Hide and Seek: Reflections from therapists practicing EFT and Play Therapy. The EFT Community News, 10, Summer.

de Bruin, K. (2009). How to involve Parents so that Play Therapy can be as successful as possible. California Association of Play Therapy. Volume 20, October, 4.

de Bruin, K., & Lim, B. (2009). Cross-cultural families. Encyclopedia of Cross-Cultural School Psychology (ECCSP). Springer: International Publishing House

de Bruin, K., Krausz, M. V. & Price, A. (2008). Feelings Land. **CAMFT: The Therapist**, 20; 5; pp.86-89

Lesch, E., de Bruin, K. and Anderson. C. (2018). A Pilot Implementation of the Emotionally Focused Couple Therapy Group Psychoeducation Program in a South African Setting. *Journal of Couple & Relationship Therapy: Innovations in Clinical and Educational Interventions*.

ACHIEVEMENTS/HONOURS

Who's Who Among Students 2004

PROFESSIONAL MEMBERSHIP

California Association of Marriage and Family Therapy

Association of Play Therapy

Board of Directors: San Diego Critical Incidence Stress Management Team

Board of Directors: Adoption Resource Alliance, San Diego

American Association of Marriage and Family Therapy

CONFERENCE PRESENTATIONS

2004 Seattle Anxiety Disorders Association of America; Annual Conference
Tapping into the Wisdom of the Elderly: An experiential approach to group therapy

2007 Southern California Play Therapy Association: Annual Conference, Orange County: Child-centered play therapy

2008 Southern California Play Therapy Association: Annual Conference, Orange County: Play therapy with adopted children

2010 Southern California Play Therapy Association: Annual Conference, Orange County: Hide and Seek

2011 South African Annual Psychology Conference: South Africa

2011 Association of Play Therapy National Conference: Sacramento

2017 EFT Summit: Working with EFT in Multi-Cultural Settings

RADIO PRESENTATIONS

2005: Radio Guest Speaker on KPRZ: Living Well: Bereavement

2008: Radio Guest Speaker on KPRZ: Living Well: Separation Anxiety (podcast available on request)

SPEAKING ENGAGEMENTS

2017 Flood: Promoting Healthy Sexuality in Children

2010 California Association of Psychological Studies – San Diego: When Sacred moments matter most: Practicing EFT as a Christian

2009 California Association of Psychological Studies – North County: Sacred moments: Christian therapists practicing emotional focused therapy.

2008 Flood: Pink booties or blue? Parenting steps to promoting healthy sexual attitudes in children.

EMPLOYMENT

Current Owner of own **Private Practice**

Current **Part time professor** at UCSD Extension Program: Play Therapy Program.
Faculty at Bethel University, San Diego: MFT and MFC Program

2011 – 2016 **Group Supervisor at Alliant Couple and Family Clinic.**
Supervising Doctoral students from Alliant University in EFT.

October 2004–
2011 **Christian Private Practice**, Reinicke Counseling Associates
Working with children, adults and families.

June 2004–
Aug 2005 **Social Worker**, Aurora Behavioral Health Care.
Psychiatric clinic treating children, adolescents, adults and Seniors in both inpatient and outpatient programs. Conducted discharge planning, groups, individual psycho-social evaluations and family sessions.

June 2004–
Aug 2005 **Group faciliator**, YMCA SafePaths.
Group work for children of various ages who have been victims of sexual abuse. Group work also offered for non-offending parents.

May 2003–
May 2004 **Bereavement Counselor**, San Diego Hospice & Palliative Care
Responsibilities include home-visits and in-office counseling for
individuals, couples and families. Experience in
play therapy and expressive arts. Facilitating open drop-in

bereavement groups for bereaved, as well as the family program providing groups for children of all ages.

Sept 2003-
Aug 2005
County.

Group facilitator, San Diego Phobia Foundation.
This is a non-profit organization serving all of San Diego

I facilitated a support group for people suffering from anxiety and depression. Group implements cognitive and behavioural tools to decrease symptoms.

June 2003 -
June 2004

Research Assistant, Bethel Seminary, Dr Ben Lim, PhD MFT
I conducted research on diversified topics in clinical and MFT research.

1997-1998
Africa

Social Work, Kidicol Early Childhood Development, South

Fluently bilingual play-therapist working with a multi disciplinary team. One on one therapy with children ages 1 – 6yrs, parent education, classroom presentations on prevention of child abuse and individual therapy to adults.

1996-1998

Social Worker, Procure Group Practice, South Africa
Child therapy assessing, treating children, provided parent education in child development. Educational and preventative group work at schools.

REFERENCES

Lisa Palmer Olsen, PsyD. Director at Alliant Couple and Family Clinic

Scott Wooley, PhD. Alliant Couple and Family Clinic

Keith Olson, PhD, Director of Marital and Family Therapy Program at Bethel Seminary. Director of Family Consultation Service.
drgkolson@aol.com 619 582 8188 ext. 230

Mary Cipriani-Price, MFT, Adjunct Professor at Bethel Seminary.
MFT at Reinicke Counseling Associates.
MciprianiP@cox.net 619 298 8722 ext 104

Ben Lim, PhD MFT. AAMFT Approved Supervisor.
Associate Professor in Marital and Family Therapy Program at Bethel Seminary.
blim@bethel.edu, 619 582 8188.

Leslie Fadam, MFT. San Diego Phobia Foundation. Private Practice.
Post Office Box 3191, La Mesa, CA 91944. 760 632 1670

Laura Dewan, MFT, AAMFT Approved Supervisor, Registered Play
Therapist-Supervisor, Post Office Box 421073 San Diego, CA 92142.
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