

CURRICULUM VITAE
Jenessa Blessing Nye
Doctor of Psychology
Licensed Marriage & Family Therapist
License # MFC 39200
(805) 212-0510

701 E. Santa Clara Street., Suite 43
Ventura, California 93001
email: Drjenessanye@gmail.com

Education

Doctor of Psychology, California Graduate Institute 2003
Westwood, CA

Areas of Specialization

Depression and Anxiety Disorders
Drug & Alcohol Addiction
Holistic & Spiritual Psychotherapy
Developmental Psychology
Cognitive Behavioral Therapy

Master of Arts, Marriage and Family Therapy 1999
Phillips Graduate Institute, Encino, CA
Areas of Specialization
Photography and Body Image in Women
Human Sexuality
Jungian Psychotherapy & Analysis

Bachelor of Arts, Psychology 1997
California State University, Fullerton, CA

Certificate in Criminal Justice and Corrections 1992
Saddleback College, Mission Viejo, CA

Associates Degree in Photography 1991
Saddleback College, Mission Viejo, CA

Teaching Areas/Scientific and Clinical

University of California, Santa Barbara, CA April, May, June 2006
Black Studies
Critical Introduction to Race and Racism

Phillips Graduate Institute, Encino, CA 1997
Focused research study group on couples therapy
Group met 2 times per week for practical supervision

Saddleback College, Mission Viejo, CA 1992
Human Services Department
Guest Lecturer on the effects of drugs and alcohol in the family system

Practice and Experience

Dr. of Psychology and LMFT
Private Practice
Ventura, CA June 2006 to Present
Individuals
Groups
Couples
Trauma
Depression & anxiety
Drug & Alcohol addiction
Spiritual and health related crisis

Mental Health Practitioner II May 2003 to August
2005
Santa Barbara County Alcohol, Drug & Mental Health Services
Psychotherapy with individuals, children, adolescence and families
Assessment and treatment planning
Psychological testing
Clinical supervision

Doctor of Psychology, Licensed Marriage & Family Therapist February 2002 to May 2003
Private Practice, Santa Barbara, CA
Psychotherapy specializing in children and adolescent disorders
Psychotherapy with individuals, couples and families
Treatment specializations for depression and anxiety

Marriage and Family Therapist March 2000 to June 2002
Western Youth Services, Fullerton, CA
Individual, collateral, family, and group therapy to youth and their families in accordance with
Medi-Cal and county contracted services

AB3632/Chapter 26.5, EPSDT assessments and treatment services
Coordinated multidisciplinary teams including personnel from county, social services, group home, foster home, probation, school and regional center services
Member of peer review committee

Case Manager March 1999 to March 2000
Transitional Services Program, Orange, CA
Provided in-home counseling and case management to children and families reuniting
Conducted crisis management, referrals, parental skills training and behavior modification

Group Home Supervisor September 1998 to March 1999
New Alternatives, Inc., Orange, CA
Supervised staff in a level twelve, 36 bed group home for SED children ages 4-12 years old
Provided counseling and reinforced structure of behavior modification program for residents including facilitating crisis intervention
Conducted anger management groups, self-awareness workshops, and staff team meetings

Victim Offender Reconciliation Program, Orange, CA November 1992 to June 1993
Certified Victim Offender Mediator
Mediation and negotiation of victims and youth offenders
Trained and supervised new volunteers
Initial intakes, monitoring of offender activities, victim surveys, and case management
Communication with probation department, police department and other public officials

Professional Training

Mothering and Daughtering: Keeping your bond strong August 2016
Esalen Institute, Big Sur, CA

“Who Am I Really? How Our Wounds Can Lead To Healing” July 2012
Esalen Institute, Big Sur, CA

Psychological Astrology Woman’s group January 2012
Santa Barbara, CA On-going

Practicing Exquisite Self-Empathy May 2010
Casa de Maria
Santa Barbara, CA

Fifth Annual Evolution of Psychotherapy Conference December 2009
The Milton H. Erickson Foundation, Inc.
Anaheim, CA

Transforming Trauma with EMDR March 2008
Advanced Clinical Workshop

Esalen Institute, Big Sur, CA	
Transforming Trauma with EMDR Comprehensive Training Part 1 & 2 Alliant International University, San Francisco, CA	December 2007
Psychological Astrology Training and Certification ACS Santa Barbara, CA	November 2007
Crazy Wisdom, Wes Nisker Esalen Institute, CA	April 2003
Neale Donald Walsch and Marianne Williamson Los Angeles, CA	October 2002
Shaman, Healer Sage, Alberto Villoldo, Ph.D Agape, Los Angeles, CA	August 2002
Still Here, Lecture by Ram Das Agape, Los Angeles, CA	April 2001
Living a Liberated Life, Eckhart Tolle Agape, Los Angeles, CA	February 2001
Meditating on Peace with Thich Nhat Hahn San Diego, CA	July 2001
His Holiness The Dalai Lama: Seeds of Compassion Lecture Los Angeles, CA	June 2001
10-Day Silent Meditation Retreat with Lama Surya Das, Roger Walsh M.D. Work Study Program, Santa Rosa, CA	November 2000
The Power of Now Lecture Eckhart Tolle, Agape, Los Angeles, CA	October 2000
Lecture on The Tibetan Book of the Living and Dying Sogyal Rinpoche, Philosophical Society, Los Angeles, CA	May 2000
Fourth Annual Psychotherapy Conference The Milton H. Erickson Foundation, Inc. Anaheim, CA	February 2000
Landmark Forum, Newport Beach, CA	March 2000

Research and Publications

Under Review

“Using Depression as Spiritual Practice” in *Canadian Journal of Experimental Psychology*.

In Progress

“A Spiritual Journey in a Physical Body”.

Research

EMDR (Eye Movement Desensitization Reprocessing)

Trauma and the Brain

Drug and Alcohol Studies

Abnormal Psychology and Dual Diagnosis

Mood Disorders

Licensure

State of California License No. MFC 39200

Professional Affiliations

Clinical Member of the California Association of Marriage and Family Therapists

Areas of Scientific/Clinical Interest and On-going Training

Trauma/EMDR

Neuroscience

Clinical Psychology

Jungian/Depth Psychology

Drug and Alcohol Studies

Cognitive/Behavioral Psychology

Spiritual/Holistic Psychology

Areas of Scientific On-Going Group Facilitation/Education and Interest

On-Going Groups

Trauma in the body/mind – Education, identification, coping strategies, techniques applied for reducing triggers & stress/harm reduction.

Mindfulness training – Teaching breath work, body awareness/movement & meditation.

Cognitive behavioral awareness – Educational training on the cognitive mind, observing thoughts, feelings, reactions in the body and behavior. Teaching various techniques such as Thought Stopping, Spontaneous Body Movements & various other modalities to aide in shifting negative thoughts and beliefs.

Therapeutic and professional process groups – general process groups for mental health professionals. Providing support, insight and personal/professional experience.

Relapse Prevention – Psycho-educational treatment/facilitation to replace triggers & strategies for healthy live choices.

General addiction education – How addiction works in the mind & body: neuroscience, family history, habits, cognitive thinking & body memory.

Cultivating healthy family & interpersonal relationships/breaking unwanted cycles – family systems, understanding unconscious needs and unhealthy attachment seeking behavior, learning how conscious cognitive & behavioral techniques lead toward empowerment & personal choice.

Anger management – Scaling and recognizing when emotions are flooded, teaching healthy strategies for reducing anger before flooding outbursts or self-harm occur.