

# TEDDI CRIPPS, M.A.

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## PROFESSIONAL SUMMARY

I am a licensed mental health counselor associate and national certified counselor who provides individual, couple and family counseling in a private practice setting in Spokane, Washington. My theoretical framework is primarily focused on connection and the development of healthy attachments. My framework is rooted in authenticity, empathy, care and intention; grounded in the belief that every human has potential to change, and that change and transformation comes from the willingness to enter into vulnerability and the depth of self-awareness and insight.

## EDUCATION

### GONZAGA UNIVERSITY – SPOKANE, WA

Master of Arts in Psychology: Marriage & Family Therapy 2016

### BIOLA UNIVERSITY – LA MIRADA, CA

Bachelor of Arts in Sociology & Social Work 2011

## PROFESSIONAL AND RELATED EXPERIENCE

### THERAPIST - PRIVATE PRACTICE OF PSYCHOTHERAPY 01/2015 - PRESENT

- Provide individual and family therapy for adolescents and adults in a private practice setting in Spokane, WA.
- Facilitate process groups for clients to provide a therapeutic space for emotional exploration and expression.
- Conduct process groups to provide clients with alternative coping and relationship skills and safe setting to identify, experience, and process difficult emotions.
- Trained in Emotionally Focused Therapy

### OWNER - TEDDI JOELLE CO. - SPOKANE, WA 07/2014-PRESENT

- Owner and founder of Teddi Joelle Co, a women's leather goods company that strives to create timeless bags that last a lifetime.
- Lead sourcing expert, focusing on ethical farming and environmentally friendly tanning practices.
- Designer and head seamstress of extensive, growing portfolio of original designs.
- Design and manage website and social media platforms - including photography, marketing and editing.
- Oversee process of each order as it comes in — from initial invoice to production to finishing details, packaging and shipping.

### ADMINISTRATIVE ASSISTANT - TRINITY WORLDWIDE REPROGRAPHICS 06/2011 - 06/2014

- Receive and process thousands of orders from various colleges, educational institutions, small businesses and non-profit organizations.
- Oversee and facilitate all purchasing requests and orders for each of the company departments.
- Co-lead and participate in a weekly community forum held in-office in Santa Fe Springs, CA.



- Sort and adequately process email orders through the following computer applications: QuickBooks, Outlook, Microsoft Word and Excel.

**CLINICAL ASSISTANT - MULHOLLAND CENTER - CALABASAS, CA** **07/2012 - 01/2013**

- Provided individual therapeutic support in a residential setting for clients with chemical dependency and co-occurring mental health disorders including anxiety disorders, depression, bipolar disorder, personality disorders, and posttraumatic stress disorder.
- Facilitated process groups for clients to provide a therapeutic space for emotional exploration and expression.
- Conducted psycho-education groups on variety of topics including addiction, self-care, family communication and boundaries, stages of personal development, meditation and mindfulness, and grief and loss.

**RECEPTIONIST - BIOLA UNIVERSITY ASSOCIATED STUDENTS** **04/2010 - 06/2011**

- Provided logistical planning for 4 retreats consisting of 40-60 students and facilitated detailed implementation.
- Processed and organized approximately \$200,000 in donations for 7 international student mission teams.
- Directed 200-300 students, faculty and staff in regards to campus events, room coordination, and organizational facilitation.
- Attended bi-weekly staff meetings consisting of debriefing and planning of events and transcribed 3-4 hours of minutes per university standards.

**SOCIAL WORK INTERN - THOMAS HOUSE SHELTER** **01/2011 - 05/2011**

- Monitored and cared for 20-25 homeless children alongside full-time staff and volunteers in Garden Grove, CA.
- Coordinated and facilitated weekly events for various families residing within the shelter.
- Tutored and supervised 20-25 children with their daily homework and academic responsibilities.

**SOCIAL WORK VOLUNTEER - LIGHTHOUSE COMMUNITY OUTREACH** **01/2009 - 12/2009**

- Monitored and cared for 30-35 elementary students along side full-time staff and volunteers in Watts, CA.
- Coordinated and facilitated weekly events for the students.
- Tutored and supervised 30-35 children with their daily homework and academic responsibilities.

