

**Brenda M. Bomgardner, MA, LPC, NCC, BCC, ACS**  
*Curriculum Vitae*

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**PERSONAL INFORMATION**

**Work:** Creating Your Beyond, LLC

Private Practice  
10050 West Center Ave.  
Lakewood CO 80226  
Brenda@BrendaBomgardner.com

**Personal**  
brendabomgardner@aol.com  
303-484-9459

**Business:** 720-260-7702

**Licensed Professional Counselor:** Colorado #0011349

**National Certified Counselor:** National Board for Certified Counselors #259569

**Board Certified Coach:** Center for Credentialing and Education #2886

**Approved Clinical Supervisor:** Center for Credentialing and Education #2603

**EDUCATIONAL HISTORY**

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**2007-2010**            **Regis University: Denver, Colorado**  
**Degree:** Master of Arts in Counseling 2010  
CACREP Accredited: GPA 3.97

**1984-1994**            **Metropolitan State College of Denver, Colorado**  
**Degree:** Bachelor of Arts in Psychology  
**Minor:** Human Resources  
**Honors:** Graduated Magna Cum Laude: GPA 3.96

**ADDITIONAL TRAINING**

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**2006-2007**            **Regis University: Denver, CO**  
**Certificate:** Conflict Management and Mediation

**1992-1999**            **Corporate Leadership Training: Safeway Grocery Stores**  
American Disability and Equal Employment Opportunity  
Zinger Miller Leadership Institute  
Franken Covey Time Management

**POSITIONS**

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**May 2010-Current**    **Private Practice: Creating Your Beyond, LLC**  
**Psychotherapy and Career Coaching**

- Therapy for adults whose lives have been touched by acts of violence:  
Specific interest in adult survivors of incest and childhood physical  
and sexual abuse

- Coaching focused on business success for entrepreneurs
- Career and job transition coaching and therapy
- Acceptance and Commitment Therapy (ACT) and training
- Workshops for private practice entrepreneurs
- Workshops for general public and interns
- Launched a private practice and grew it to a profitable business within 18 months by increasing client base and self-pay

**8/2009-5/2010**      **Counseling Intern, People House:** A Center for Personal and Spiritual Growth

- Provided individual and couples psychotherapy in the affordable counseling program serving the community at large
- Clients per week 15-20
- Set and scheduled my own hours and fees
- Co-therapist for weekly career transition group
- Psycho-education for weekly social skills workshops.

**5/ 2009-8/2009**      **Practicum Student, Jefferson Center for Mental Health:**

- Wellness Program for personal growth and life enrichment.
- Acceptance and Commitment Therapy weekly skills groups, social skills group, mindfulness skills
- Facilitated 3-4 groups per week

**5/2009-8/ 2009**      **Concurrent: Regis University:**

- Student therapy center providing individual therapy to the community and students
- Clients per week 5-7

**PRESENTATIONS AT CONFERENCES**

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Allison, C., **Bomgardner, B.M.**, (2012, March). *Supporting Clients in Values Guided Behavior: Tools from Acceptance and Commitment Therapy*. Colorado Counseling Association Annual Conference, Englewood, Colorado.

Allison, C., **Bomgardner, B.M.**, (2011, March). *Don't be a Slave to Your Thoughts: Mindfulness and Defusion Techniques from Acceptance and Commitment Therapy*. Colorado Counseling Association Annual Conference, Englewood, Colorado.

**PRESENTATIONS: PRIVATE PRACTICE WORKSHOPS AND TRAINING**

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**01/01/2015 to present: Yearly workshops and consultation:**

**Bomgardner, B.M.**, *Acceptance and Commitment Therapy Skill Building and Consultation for Professionals:*

- Beginner and Intermediate small group (6-10 participants)

- Six weeks – two-hours weekly
- Experiential, didactic and role playing
- Relational Frame Therapy
- World Hypothesis (philosophy of science)
- Acceptance and Commitment Therapy
- Functional Analytical Psychotherapy
- Psychological Flexibility Matrix

**Bomgardner, B.M.**, *Acceptance and Commitment Therapy Basic Training*

**03/2014**

**Bomgardner, B.M.**, *Optimize Your Journey*

- 2 hour workshop on utilizing ACT to find clarity in life direction and to get back into the driver's seat.

**10/2010 -11/2013**

Allison, C., and **Bomgardner, B.M.**, *Acceptance and Commitment Therapy Skill Building and Consultation for Professionals:*

- Beginner and Intermediate small group (6-10 participants)
- Six weeks - two hours weekly
- Experiential, didactic and role playing
- Relational Frame Therapy
- World Hypothesis (philosophy of science)
- Acceptance and Commitment Therapy
- Functional Analytical Psychotherapy
- Psychological Flexibility Matrix

**10/2013**

**Bomgardner, B.M.**, *Introducing Acceptance and Commitment Therapy and Mind Mapping:*

- Small group format open to the general public and counselors in training
- Overview of the six core processes in two hour format
- Experiential using Compass Cards for values clarification
- Mind Mapping (radiant thinking) for behavior activation
- Goal setting and committed action

**9/2013**

**Bomgardner, B.M.**, *Birth Order: The Stories We Tell:*

- Denver Therapists Network (Professional networking group for therapists in private practice)
- The storied self and self as context
- Interactive and experiential for business networking and professional growth

**7/2013**

**Bomgardner, B.M.**, *Epitaph and 80<sup>th</sup> Birthday: What Do You Want Your Life to Be About?*

- Denver Therapists Network (Professional networking group for therapists in private practice).

- An introduction to Acceptance and Commitment Therapy and values in private practice
- Interactive and experiential for values clarification as a business owner and professional helper

**3/2013-5/2013**

Allison, C., and **Bomgardner, B.M.**, *Acceptance and Commitment Therapy Skill Building and Consultation for Professionals:*

- Beginner and Intermediate small group (6-10 participants)
- Six weeks – two-hours weekly
- Experiential, didactic and role playing
- Relational Frame Therapy
- Acceptance and Commitment Therapy
- Functional Analytical Psychotherapy
- Psychological Flexibility Matrix

**3/2013-4/2013**

**Bomgardner, B.M.** , *ACT on Your Dream: Beyond the Vision Board:*

- Open to the general public and beginner therapists
- Small group format focusing on
- Values clarification (vision board and journaling)
- Committed action (goal setting)
- Mindfulness. Group
- Six week for two hours each meeting.

**2/2013**

**Bomgardner, B.M.**, *Modern Marvels: Mindfulness-based Acceptance and Commitment Therapy:*

- Small group format for general public and beginner therapists.
- Experiential learning and didactic instruction
- One day training of six cores processes of psychological flexibility

**1/2013-2/2013**

Allison, C., and **Bomgardner, B.M.**, *Acceptance and Commitment Therapy Skill Building and Consultation for Professionals:*

- Beginner and Intermediate small group (6-10 participants)
- Six weeks - two hours weekly
- Experiential, didactic and role playing
- Relational Frame Therapy
- Acceptance and Commitment Therapy
- Functional Analytical Psychotherapy
- Psychological Flexibility Matrix (Hexaflex)

**10/ 2012**

**Bomgardner, B.M.**, *Introducing Acceptance and Commitment Therapy:*

- Johnson and Wales University, Denver, Colorado.
- Two Day training Experiential and didactic
- Designed for interns, staff and counselors
- In-depth focus on the six core processes of psychological flexibility

- 8/2012-9-2013**      **Bomgardner, B.M.** *ACT on Your Dream: Beyond the Vision Board:*
- Open to the general public and beginner therapists
  - Small group format focusing on
  - Values clarification (vision board and journaling)
  - Committed action (goal setting)
  - Mindfulness. Group
  - Six week for two hours each meeting
- 6/ 2012**              Allison, C., and **Bomgardner, B.M.**, *You're Not Who You Think You Are:*
- Two-hour introduction to Acceptance and Commitment Therapy
  - Open to the general public and therapists
  - Brief overview of the hexaflex
  - Main focus defusion, willingness and mindfulness
- 5/2012-6/2012**      Allison, C., and **Bomgardner, B.M.**, *Acceptance and Commitment Therapy Skill Building and Consultation for Professionals:*
- Beginner and Intermediate small group (6-10 participants)
  - Six weeks – two-hours weekly
  - Experiential, didactic and role playing
  - Relational Frame Therapy
  - World Hypothesis (philosophy of science)
  - Acceptance and Commitment Therapy
  - Functional Analytical Psychotherapy
  - Psychological Flexibility Matrix
- May 2012**            Allison, C., and **Bomgardner, B.M.**, *Be Present, Show Up and Do What Matter:*
- A five-hour introductory workshop for therapists covering the six core processes of Acceptance and Commitment Therapy
  - Classroom didactic and experiential
  - Prerequisite reading required for 20 participants
- 4/2013-6/2013**      **Bomgardner, B.M.**, *Trichotillomania: An ACT-enhanced Behavior Therapy Approach.*
- Facilitated 12-week peer support group by invitation
  - Two hours weekly for a small group of hair pullers
  - Utilized: Woods, D.W., and Twohig, M.P., treatment plan utilizing *Habit Reversal Training with Acceptance and Commitment Therapy (2008)*
  - *Note: two participants were pull free at the end of the workshop for the first time in ten years*
- 3/2012**                **Bomgardner, B.M.**, *Getting to Know You:*
- Social skills group open to the general public

- Two hour co-educational group

2/ 2012

Allison, C., and **Bomgardner, B.M.**, *Be Present, Show Up and Do What Matters.*

- A five hour introductory workshop for therapists
- Focus six core processes of Acceptance and Commitment Therapy. Classroom didactic and experiential
- Prerequisite reading required for 20 participants

2/2012

Allison, C., and **Bomgardner, B.M.**, *Learning ACT:*

- Full day workshop for beginner and intermediate therapists
- Introduction to Acceptance and Commitment Therapy
- Six core processes to psychological flexibility
- Creative Hopelessness and the control agenda
- Experiential and didactic for 30 participants.

1/2012

**Bomgardner, B.M.**, *Finding Your True North for the New Year.*

- An introduction to ACT for the general public
- Two hour experiential
- Values clarification and goal setting:

2010- 2011

**Brief overview workshops offered while launching a private practice:  
Bomgardner, B.M.**

- *Coping Skills for the Holidays:* Two hour introduction to ACT with a focus on defusion and values
- *ACT in the Nutshell:* Two hour introduction to ACT with a focus on mindfulness and self as context
- *You're Not Who You Think You Are:* Two hour workshop with a focus on defusion skills and mindfulness
- *Employment Success:* Three month group with a focus on values, resumes, informational interviews and the job search process
- *Psychological Flexibility for the New Year:* Two hour workshop with and overview of the six core processes of psychological flexibility
- *Food for Talk:* Social skills personal growth for developing self-awareness
- *Biggest Bang for the Buck:* How to make the most of your therapy hour and the other 167 hours in a week
- *The Crystal Cave Meditation:* Mindfulness and aroma therapy
- *Calming the Hot Spots Meditation:* Mindfulness and aroma therapy
- *What to do With Those Father's Day Blues:* A brief introduction to ACT and how it can help with behavior activation

**COACHING GROUPS**

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- 3/2013-12/2013**      *ACT on Creating a Private Practice You Will Love. Bomgardner, B.M.*
- Nine month coaching group for counselors in private practice
  - Six participants who were either launching or established business owners
  - Met twice monthly for two hours each meeting
  - Focus on the entrepreneurial tasks of moving towards growing business through increased diversity of services and away from managed care
  - Additional purpose for case study for writing a book,
    - *ACT on Creating a Private Practice You Will Love (in progress, will submit book proposal in early 2014 to New Harbinger)*
- 1/2012-12/2012**      *ACT on Creating a Private Practice You Will Love. Bomgardner, B.M*
- Twelve month pilot program aimed at coaching a small group of counselors in training
  - Met twice monthly for two hours each month.
  - Focus on entrepreneurial tasks of launching a business
  - Values, vision, and mission statements were fine-tuned for committed action towards marketing and strategic planning
  - The art of effective networking
  - Overcoming internal barriers
  - Marketing and profitability
  - ACT processes were used throughout the coaching program.
  - Additional purpose, gather information for book:
    - *ACT on Creating a Private Practice You Will Love (in progress)*

## **ADDITIONAL PUBLIC SPEAKING**

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- 2004- present      **Present inspirational life story of being a sexual abuse survivor :**
- WINGS Foundation: The only member of the speakers bureau from 2003-2011(A peer support group facilitated by trained professional)
  - Denver University: Guest speaker - Social Justice Class, 2004-2011
  - Denver Women's College: Social Justice and Empowerment. 2005-2007
  - Rape Assistance and Awareness (Now-The Blue Bench). Presented to their hot line volunteers four times per year from 2003-2012
  - Wright and Associates: Treatment program for convicted sexual offenders, 2007- ongoing two to three times a year
  - Denver Seminary, Counselors in training, Class: Trauma
  - Colorado and Company, Local Television program

- ADX Supermax Federal Prison, Florence Colorado: convicted felons

## PRIOR CAREER EXPERIENCE

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6/2001- 3/2008

**Safeway Grocery Stores, Inc.** (A fortune 500 Company)

**Human Resources 1991-2008** *General Responsibilities:*

- Recruited and hired for entry level retail positions as well as mid-management
- Pre-screen executive applicants for panel interviews
- Offered training, coaching, and mentoring to newly hired human resource personnel
- Offered employee coaching for career success and planning
- Facilitated life balance coaching to reduce burnout

### **Human Resource coordinator for the following facilities**

- **Distribution Center:** included a frozen food warehouse, dry-goods warehouse and produce warehouse:
  - Recruited and interviewed to fill 120 ongoing openings for:
    - Stationary engineers
    - Order selectors
    - Fabricators
    - Electricians
    - Production line
    - Managers
    - Supervisors
- **Production facilities** - ice cream plant, cake plant and commissary, milk plant:
  - Pre-screen truck drivers
  - Administrative staff
  - Production line
  - Facilitated training for employee safety
  - Facilitated training for equal rights and sexual harassment
- **Retail and Support Services**
  - Supervised 50 retail employees
  - Accepted and completed Store Manager Training
  - Accomplished successful recruitment to fully staff five new retail store within 18 months (interviewed over 2,500 applicants and hired 750 employees)
  - Prioritized and organized the process of recruiting for multiple projects

## PROFESSIONAL AFFILIATIONS

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American Counseling Association  
 National Board of Certified Counselors  
 Colorado Career Development Association  
 Colorado Association of Psychotherapist  
 Colorado Counseling Association  
 Association of Contextual Behavior Science  
 Rocky Mountain Chapter of ACBS  
 Rocky Mountain Employers Counsel

## COMMUNITY SERVICE

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- Denver Therapist Network – meeting host and speaker coordinator 2012-2016
- Rocky Mountain (Colorado Chapter) **ACBS – Board of Directors** Treasurer 2011-2014
  - *Rocky Mountain ACBS: Served as an adjunct on the marketing and planning committee for the inaugural (2013) bi-annual conference*
- The Wings Foundation – Speakers’ Bureau (2006-2012)
  - Crafted the foundation to *Speak Out*: 10 week training program to help adult survivors of childhood sexual abuse tell their story for either public speaking purposes or personal growth
- Rape Awareness and Protection Program (2006-2012)
- People House – Liaison to **Board of Directors** (2010-2011)
- Mental Health Center of Denver – Workshops for program/ To Succeed (2010-2011)
- Colorado Counseling Association - Media Committee (2009-2010)
- The Hills at Oak Run – Member at large for home owners association (2004-2009)
- Chi Sigma Iota- Past President Elect (2008-2009)
- Family Tree – Legal advocate providing direct services for battered women’s shelter (2005-2006)

## RELATED PROFESSIONAL DEVELOPMENT

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### Training received relevant to Contextual Psychology

Kathy Baur: ACT business coach on-going since (2009)  
 Kevin Polk: The Matrix and ACT Gone Wild (2013 and 2014)  
 Arnica Buckner (2010-2013) ACT consultation and supervision  
 Matthieu Villatte (two trainings on Relational frame Therapy (RFT): 2012 & 2013)  
 Joanne Steinwachs: (2012) FAP and ACT consultation  
 Joanne Steinwachs and Benjamin Schendorff (2012) FAP & ACT  
 Boot Camp (2012)  
 Hank Robb (2012)  
 John Forsyth (2011)  
 Steven Hayes (2010)  
 Colleen Enhstrom (2010)  
 Robyn Wasler (2009 and 2014)

Multiple books and DVDs

World Conference for ACBS (6 day conference)

**Other Training:** Dialectical Behavior Therapy and Eye Movement Desensitization and Reprocessing as well as many other professional conferences and workshops.

**Blog: Creating Your Beyond:** Established 2010 and have 160 articles posted.

Sample of topics covered at

- Acceptance
- Adversity
- Growth
- Humor
- Mindfulness
- Psychological Flexibility
- Resilience
- Self-care
- Stress Management
- Values