

# K I M B E R L Y L Y N N R I L E Y

3832 EASTHAVEN AVE BREMERTON WA 98310  
(360) 440-4021 • KIMBERLYRILEY@YOUAREBEAUTIFULPLLC.COM

## EDUCATION

---

<b>DSW</b>	University of Southern California, Los Angeles, CA Concentration: Doctor of Social Work: Innovation	August, 2020
<b>MA</b>	Seattle University, Seattle, WA Concentration: Couples and Family Therapy	March, 2017
<b>BA</b>	Brandman University, Irvine, CA Concentration: Psychology	December, 2012

## SKILLS

---

- Creative / Innovative
- Understanding
- Adaptable
- Relatable
- Contributing Team Member
- Cultural Awareness
- Effective Communication
- Project Design
- Narrative Therapy
- Child Mental Health Specialist

## PROFESSIONAL EXPERIENCE

---

### Assistant Clinical Professor

Seattle University, Couples and Family Therapy Program, Seattle, WA    September  
2022 to Present

- Teach skills to master level students as they develop into systemic therapists and prepare to graduate and become licensed marriage and family therapists (LMFTs). Supervise students as they assess, diagnose, consult, and treat relationships and individuals. Follow Seattle University's Mission Statement "Seattle University is dedicated to educating the whole person, to professional formation, and to empowering leaders for a just and humane world."

### Licensed Marriage and Family Therapist

Business Owner/ You Are Beautiful, PLLC, Bremerton, WA

June 2017 to Present

- Create individual, couples, and family centered treatment plans. Provide culturally aware therapeutic treatment by using appropriate theories. Assist individuals and families with finding hope and meaning in past experiences using family systems theories. Provide reduced cost or no cost therapy to individuals and their families. Create and maintain a business structure for the therapeutic setting. Participate in community events as a speaker and workshop leader. Contract with organizations to provide preventative behavioral health services. Supervise clinical interns and associate level therapists in private practice settings.

### **Mental Health Therapist Clinician II/Child and Family Therapist**

Catholic Community Services, Tukwila, WA

March 2017 to July, 2017

- Listen to the client and assess their strengths, needs, and goals. Work with all of the client's systems (e.g. family, school, community, etc.) to promote the best outcome. Create client and family centered safety and treatment plans. Provide evidence based and culturally aware therapeutic treatment by using appropriate theories. Assist families with other goal-based needs such as; housing, food, and medical care. Complete clinical intakes and clinical intake documentation required by Medicaid.

### **Mental Health Therapist Clinician II /Child and Family Therapist (Internship)**

Catholic Community Services, Tukwila, WA

September 2015 to March, 2017

- Listen to the client and assess their strengths, needs, and goals. Work with all of the client's systems (e.g. family, school, community, etc.) to promote the best outcome. Create client and family centered safety and treatment plans. Provide evidence based and culturally aware therapeutic treatment by using appropriate theories. Assist families with other goal-based needs such as; housing, food, and medical care.

### **TEACHING & PRESENTATIONS EXPERIENCE**

- Riley, K.L. (2020) Learn how to understand your family's emotions during at home learning this fall. Learn how to take care of yourself and others during hard times. Learn how to celebrate events during Covid-19 season. Slides presented

during YMCA Pierce/Kitsap County Community Conversation “Ask a Therapist” 3-part series, Bremerton, Washington.

- Guest Presenter, Undergraduate Abnormal Psychology, Seattle University (2020) Discussed anxiety and panic disorder treatment, Narrative Therapy, and preventative therapy for children living in poverty during one section in one quarter. The section had 33 students.
- Riley, K.L. (2020) Understanding How to Use Your Cultural Background to Remain Resilient in Your Community. Slides presented during Kitsap Strong 3<sup>rd</sup> Annual Resiliency Summit, Bremerton, Washington.
- Riley, K.L. (2021) Understanding How to Help Your Client Use Their Cultural Background to Remain Resilient in Their Community. Continuing Education Workshop presented for National Association of Social Workers-Washington State Chapter.
- Co-Supervisor (AAMFT Approved Supervisor Candidate), STMC 5560 Clinical II, Seattle University, Winter Quarter 2021, Co-supervising Couples and Family master level students through developing individual, couple and family treatment plans and case conceptualization.
- Co-Supervisor (AAMFT Approved Supervisor Candidate), STMC 5570 Clinical III, Seattle University, Spring Quarter 2021, Co-supervising Couples and Family master level students through developing individual, couple and family treatment plans and case conceptualization.
- Adjunct Faculty, Supervisor (AAMFT Approved Supervisor Candidate) MCFT 5580 Clinical IV, Seattle University, Summer Quarter 2021, Supervising Couples and Family master level students through developing individual, couple and family treatment plans and case conceptualization.
- Adjunct Faculty Instructor, PSYCH 2313 Cultural Psychology, Northwest University, Summer B 2021, Teach online undergraduate college students about the relationship between psychology, culture, and social justice.
- Course Re-Developer, PSYCH 2313 Cultural Psychology, Northwest University, Re-develop the current online Cultural Psychology course by updating material, templates, and supporting documents.
- Adjunct Faculty Instructor, PSYCH 2313 Cultural Psychology, Northwest University, Fall A 2021, Teach online undergraduate college students about the relationship between psychology, culture, and social justice.

- Instructor, Ministry and People - An Introduction to Counseling, Kitsap School of Ministry, Fall 2021, Teach students about the process, person, and skills used in formal healing relationships (relational, spiritual, emotional, or behavioral).
- Riley, K.L. (2021) Culture and Race. Cultural awareness and sensitivity training for foster care parents and providers, presented for Community and Family Services Foundation.
- Co-Supervisor (AAMFT Approved Supervisor Candidate), MCFT 5560 Clinical I, Seattle University, Fall Quarter 2021, Co-supervising Couples and Family master level students through developing individual, couple and family treatment plans and case conceptualization.
- Riley, K.L. (2021) Life before, during, and after Covid: Learn how to remain resilient through it all. Slides presented during Kitsap Strong 4<sup>th</sup> Annual Resiliency Summit, Bremerton, Washington.
- Riley, K.L. (2021) Hope and Resilience. Slides presented during Kitsap Regional Library Anti-Racism Learning Circle for One Book, One Community.
- Adjunct Faculty Instructor, PSYCH 2313 Cultural Psychology, Northwest University, Fall B 2021, Teach online undergraduate college students about the relationship between psychology, culture, and social justice.
- Adjunct Faculty Instructor, PSYCH 3443 Social Psychology, Northwest University, Spring A 2022, Teach online undergraduate college students about attitudes, communications, prosocial, and anti-social behaviors.
- Riley, K.L. (2022) Children living in poverty: Understanding discrimination. Slides presented during Lunch and Learn for Kitsap Mental Health Services.
- Riley, K.L. (2022) Children of color: Racism in the therapy room. Slides presented during Lunch and Learn for Kitsap Mental Health Services.
- Adjunct Faculty Instructor, PSYCH 3183 Community Psychology, Northwest University, Spring B 2022, Teach online undergraduate college students about environmental influences, situational-contextual factors, mental health, social justice advocacy and action, and empowerment of local populations.
- Riley, K.L. (2022) Building Psychological Immunity. Slides presented during YMCA Pierce/Kitsap Healthy Aging Cafe
- Adjunct Faculty, Supervisor (AAMFT Approved Supervisor Candidate), MCFT 5570 Clinical III, Seattle University, Spring Quarter 2022, Supervising Couples and Family master level students through developing individual, couple and family treatment plans and case conceptualization.

- Adjunct Faculty Instructor, PSYCH 2313 Cultural Psychology, Northwest University, Summer A 2022, Teach online undergraduate college students about the relationship between psychology, culture, and social justice.
- Riley, K.L. (2022) Navigating Spirituality in Practice: Therapeutically & Relationally. Slides presented during Unity Collective Counseling Clinical Development Series on Spirituality.
- Adjunct Faculty, MCFT 5760 Child and Adolescent Treatment, Seattle University, Summer Quarter 2022. Teach students practice techniques (e.g., play therapy, filial therapy, narrative interventions) that are used in the ethical care and treatment of children, adolescents, and their families.
- Faculty, MCFT 5000 Systemic Care Skills, Seattle University, Fall Quarter 2022. Teach students skills to prepare them to be therapists who build rapport and develop a therapeutic alliance with client systems across diverse social locations.
- Eppler, C., Riley, K. L., & Smith, L. M. (2022, November 8). Cultivating Systemic Resilience [Workshop]. American Association of Marriage and Family Therapy's *Systemic Family Therapy Conference*, Virtual.
- Riley, K.L. (2022) Using Self-Awareness to Find Peace on Stressful Days. Slides presented during Strengthen Families Locally meeting.
- Faculty/Supervisor (AAMFT Approved Supervisor), MCFT 5560 Clinical II, Seattle University, Winter Quarter 2023, Supervising Couples and Family master level students through developing individual, couple and family treatment plans and case conceptualization.
- Faculty, MCFT 5760 Child and Adolescent Treatment, Seattle University, Winter Quarter 2023. Teach students practice techniques (e.g., play therapy, filial therapy, narrative interventions) that are used in the ethical care and treatment of children, adolescents, and their families.
- Faculty, MCFT 5520 Counseling Theories and Techniques, Seattle University, Spring Quarter 2023. Teach students how to conceptualize clients utilizing psychodynamic, behavioral, humanistic, existential, and other counseling approaches.

- Faculty, Supervisor (AAMFT Approved Supervisor), MCFT 5580 Clinical IV, Seattle University, Summer Quarter 2023, Supervising Couples and Family master level students through developing individual, couple and family treatment plans and case conceptualization. Support students as they complete their Capstone Projects and final quarter in the program.
- Faculty, MCFT 5000 Systemic Care Skills, Seattle University, Fall Quarter 2023. Teach students skills to prepare them to be therapists who build rapport and develop a therapeutic alliance with client systems across diverse social locations.
- Riley, K.L. (2023) Becoming a Licensed Marriage and Family Therapist. Slides presented during Kitsap Strong Career Conversations at Central Kitsap High School.
- Riley, K.L. (2023) Mental Health. Slides presented during Kitsap Public Health Health Equity Collaborative Meeting.
- Faculty, MCFT 5760 Systemic Child and Adolescent Treatment, Seattle University, Winter Quarter 2024. Teach students practice techniques (e.g., play therapy, filial therapy, narrative interventions) that are used in the ethical care and treatment of children, adolescents, and their families.
- Faculty, MCFT 5520 Counseling Theories and Techniques, Seattle University, Spring Quarter 2024. Teach students how to conceptualize clients utilizing psychodynamic, behavioral, humanistic, existential, and other counseling approaches.
- Faculty, Supervisor (AAMFT Approved Supervisor), MCFT 5580 Clinical IV, Seattle University, Summer Quarter 2024, Supervising Couples and Family master level students through developing individual, couple and family treatment plans and case conceptualization. Support students as they complete their Capstone Projects and final quarter in the program.

#### **AFFILIATIONS / MEMBERSHIPS**

---

- AAMFT Member: 2015-Current
- WAMFT Member: 2015-Current
- The Washington Counselors of Color Network Member: 2019-Current
- NASW Member: 2020-Current
- NASW-WA Member: 2020-Current

- Therapy for Black Girls Member: 2021-Current
- Washington Therapy Fund Foundation Provider: 2021-Current
- AAMFT Approved Supervisor: 2022-Current
- CAMFT Member: 2023-Current

## **COMMUNITY INVOLVEMENT**

---

- PYA (Partnering for Youth Achievement) Mentor, Bremerton, WA: 2010-2014; 2020-2021
- Co-facilitator/Facilitator, Journey to Freedom, YMCA Kitsap County: 2014-Current
- Marriage Class Co-Facilitator: Newlife Church, Silverdale, WA: 2015-2018
- Olympic High School Registered Volunteer, Silverdale, WA: 2016-2020
- Fairview Middle School Registered Volunteer, Silverdale, WA: 2016-2018
- YMCA Design Team member, Bremerton/Tacoma, WA: 2020-2021
- Kitsap Strong Leadership Committee Member, Bremerton, WA: 2020-Current
- West Sound YFC Volunteer, Bremerton, WA: 2020
- DCYF Strengthen Families Locally Partner, Bremerton, WA: 2020-Current
- Kitsap Professional Leaders of Color Steering Committee Member, Bremerton Washington: 2020-2023
- Kitsap Community Resources Head Start, Mental Health/Behavior Consultant: July 2022-Current
- Bremerton School District, Personal Services Contracted Provider: October 2022-Current
- Kitsap Health Equity Collaborative Member: November 2022-Current
- Kitsap County Commission on Children and Youth Board Member, Kitsap County Washington: 2023-Current
- Kitsap Strong Leadership Board Secretary, Bremerton, WA: 2023-Current
- Kitsap County Health Department Child Death Review: Suicide Panelist: 2023-Current
- Kitsap County Commission on Mental Health, Chemical Dependency and Therapeutic Court Community Advisory Committee: 2024-Current
- Kitsap County Health Department Child Death Review: Accidents Panelist: 2024-Current

## **LICENSES / CERTIFICATES**

---

- Certificate of completion in the "Draw it Out" children's grief material training (2016)
- Washington Child and Adolescent Needs and Strengths (CANS) 5-20 certified (2016-2018)
- Washington State Licensed Marriage and Family Therapist Associate #MG60750521: (2017-2020)
- Washington State Licensed Marriage and Family Therapist #LF61000202: (2020-Current)
- Washington State Mental Health Practitioner (MHP) (2017)
- Washington State Child Mental Health Specialist (CMHS) (2017)

- Certificate of completion in Motivational Interviewing training (2017)
- Certificate of achievement in Psychological First Aid (2018)
- Certificate of completion in the "What is Narrative Practice?" training (2019)
- Certificate of completion in "Telehealth for Mental Health" (2020)
- Certificate of completion in "Cognitive Behavioral Intervention for Trauma in Schools" (CBITS) (2020)
- Certificate of completion in "All Patients Safe - Basic and Advanced Course" (2021)
- AAMFT Approved Supervisor (2022-Current)
- California State Licensed Marriage and Family Therapist #143217 (2023-Current)
- Certificate of completion in "William Glasser International Choice Theory/Reality Therapy Online Basic Training with Role Plays" (2024)
- Oregon State Licensed Marriage and Family Therapist #T2564 (2024-Current)

### **PUBLICATIONS**

---

Riley, K. L. (2020). *Narrative Therapy-Based Preventative Therapy for Children Living in Poverty*. Retrieved from Proquest :  
<https://search.proquest.com/openview/cc081c70207c6b3af4ea32c2886c771b/1?pq-origsite=gscholar&cbl=18750&diss=y>

**References Available Upon Request**