
CURRICULUM VITAE

Kyle Anderson, MA, LMFT

(She/Her/Hers)

Individual & Family Therapist

Small Business Owner

Tacoma, WA 98407 **Tel:** (425) 985-5481, **Email:** ander267@seattleu.edu

EDUCATION

Master of Arts in Couples and Family Therapy, Seattle University, Seattle, WA (*COAMFTE- Accredited*) March 2020
Alpha Sigma Nu Jesuit Honor Society
Bachelor of Arts in Psychology, University of Washington, Seattle, WA June 2009
Dean's List

CREDENTIALS

Licensed Marriage and Family Therapist (Washington State, #LF61356047)

AAMFT Approved Supervisor- Candidate

Under the mentorship of Kimberly Riley, DSW, LMFT, CMHS, AAMFT Approved Supervisor

AWARDS, HONORS, MEMBERSHIPS & AFFILIATIONS

2020 Rev. Dr. Clinton McNair Award Recipient
2019 Washington Association of Marriage Family Therapy Student of the Year Award Recipient
2018-2020 Washington Association of Marriage Family Therapy Student Committee Member
2017-Present American Association of Marriage Family Therapy Professional Member
2017-Present Washington Association of Marriage Family Therapy Professional Member
2017-Present American Counseling Association Member

PROFESSIONAL INTERESTS

Co-occurring trauma and neurodiversity, neurodiversity in couples and family systems, counselors-in-training professional development, transgenerational resilience, and social justice

PRESENTATIONS

Odell, S. & **Anderson, K.** (2019, September). *MFT's as Practitioners and Advocates of Telemental Health*.
Breakout session at the 2019 Washington Association of Marriage and Family Therapy Conference, Seattle, WA.
Anderson, K. (2018, July). *Impacts of Sexual Assault on the development of PTSD*. Breakout session at the 2018 Intercultural Exchange in Counseling, Social Work, Psychology, and Family Therapy at the Sino-American Family Therapy Institute, Shanghai, China.

PROFESSIONAL CLINICAL EXPERIENCE

Couples and Family Therapist (Fully Licensed)

AAMFT Approved Supervisor Candidate

Unbound PNW Therapy PLLC, Tacoma, WA

Jan. 2023-Present

Founded a private practice with the mission of providing online, accessible, therapeutic services grounded in evidenced based practices and coupled with genuine care. Provide affordable therapeutic services to adult individuals, and couples, experiencing depression, anxiety, trauma, self-injury, stress management, family conflicts, and life adjustment among other issues. Passionate about using a feminist, trauma-informed, and neurodiverse informed lens to help neurodiverse young adults thrive in a world that is not often inclusive of different processing needs. Participate in regular Internal Family System groups for continued professional development, to seek consultation, and to continue my education/growth.

Couples and Family Therapist (Associate-Fully Licensed)

Sept. 2020 – Dec. 2022

Twin Lakes Counseling, Federal Way, WA

Under the supervision of Rebekah Woods, LMFT, CMHS, Laura Wallace, Ph.D, LMFT & Danielle Scarsella-Gonia, LMFT
Provided therapeutic services to individuals, couples, and their families experiencing depression, anxiety, trauma, self-injury, stress management, family conflicts, and life adjustment among other issues. Started to develop a passion for serving neurodiverse teens, adults, and couples. Collaborated with provided coordination of care for my clients with an on-staff medication provider (ARNP). Took on leadership roles within the practice over time, including working as

Communication Manager beginning in May 2021. The purpose of that role was to streamline resources, curate content for a monthly newsletter, connect community members, and increase connection within agency to accomplish the goal of better aligning the agency practices with the mission of providing high quality accessible care to residents in Federal Way. Participated in regular group consults and supervision as well as agency trainings for continuing education.

Couples and Family Therapist Intern

Sept. 2018 – March. 2020

Alliant Therapy Group, Seattle & Edmonds, WA

Under the supervision of Carolyn Russo, Ph.D, LMHC

Provided affordable therapeutic services to individuals, couples, and their families experiencing depression, anxiety, trauma, self-injury, stress management, family conflicts, and life adjustment among other issues. Participated in regular group consults and supervision as well as agency trainings for continuing education.

TEACHING EXPERIENCE

Seattle University, Seattle Washington

Sept. 2022-Present

Adjunct Professor (Part-Time Faculty)

Department of Leadership & Professional Studies

College of Education- Master of Arts in Education/School Counseling (*CACREP-Accredited*)

COUN 5070-02 Counseling Across the Lifespan (master's level)

Winter 2024- Provided an overview of major developmental theories with emphasis on their application to counseling across the lifespan from birth to death. Both prevention and intervention were discussed as they relate to the specific developmental needs of individuals throughout the lifespan, with special consideration to the impact of multicultural and social justice influences on development. In addition, the course explored the effects of personal and parental use of psychoactive substances on human development.

COUN 5600-03 Family Systems (master's level)

Spring 2023- Introduced the theoretical and practical application of systems thinking to work with families and couples. The course explored the impact of alcoholic and drug addicted individuals on families and couples.

COUN 5110-01 Counseling Theories (master's level)

Winter 2023- Exploration of theoretical foundations of major individual counseling approaches with opportunities for personal reflection and application. An introduction to the profession of counseling including an overview of history, ethics, professional organizations, plus current issues and trends such as multicultural counseling, social justice and advocacy competencies.

COUN 5400-03 Diagnosis & Assessment (master's level)

Fall 2022- Provided an introduction to the process of clinical assessment and diagnosis that focuses upon the development of skills necessary for the practitioner to make accurate assessments and diagnosis in their clinical work in mental health agencies, schools, and chemical dependency treatment centers. This course also examined the interaction of substance abuse and dependence with co-occurring psychological disorders.

SUPERVISION EXPERIENCE

Seattle University, Seattle Washington

Jun. 2024-Present

College of Art and Sciences- Master of Arts in Couples & Family Therapy (*COAMFTE-Accredited*)

Co-Supervisor: MCFT 5580 Clinical IV (master's level)

Summer 2024- (Instructor: Dr. Kimberly Riley, DSW, LMFT, CMHS; AAMFT Approved Supervisor) Assisted instructor with providing case consultation support, providing written and oral feedback on student's capstone presentations, and co-leading evaluation discussions to help student's reflect on various skills including: development of systemic counseling skills, professional development, multicultural and ethical development over the course of the program.

PROFESSIONAL SERVICE & LEADERSHIP

Professional Organization Leadership

Student committee member, Washington Association of Marriage and Family Therapy, 2018-2020

Conference Service

WAMFT Annual Conference 2019 Presenter | MFT's as Practitioners and Advocates of Telemental Health
WAMFT Annual Conference 2016-2019, Seattle, WA | Attendee and Student Volunteer
WAMFT Mentor Day 2017-2018, Seattle, WA | Attendee and Student Volunteer
AAMFT National Conference 2017, Atlanta, GA | Attendee and Student Volunteer
AAMFT Leadership Symposium 2018, Seattle, WA | Attendee
Center for Religious Wisdom & World Affairs Symposium on Homelessness, Seattle, WA | Attendee and Student Worker

TRAININGS

AAMFT Fundamentals of Supervision: Georgie Winter, PhD, LCMFT April 3- May 8, 2024
Navigating Neurodiversity in Sex Therapy: Ethical Considerations and Alternative Approaches
(part of the 2024 WAMFT Spring Ethics Series May 10, 2024)
EMDR Institute Basic Training- Weekend 1: Katy Murray, MSW, LICSW, BCD April 1-3, 2022
EMDR Institute Basic Training- Weekend 2:-Roger Solomon, PhD July 15-17, 2022
Introduction to Treating Internalized Oppression: Heidi Stauber, LMFT Nov 2021
(offered as a group training as part of Twin Lakes Counseling)
Beyond Inclusion, Beyond Empowerment Group Training: Leticia Nieto, PsyD
(offered as a group training as part of Twin Lakes Counseling)
April-May 2021
Law & Ethics Workshop: Joseph Shaub, JD, LMFT May 2021
Neurodiversity in Systemic Therapy: Deconstructing ableist assumptions in family therapy
(part of 2021 WAMFT Annual Conference Sept 2021)
Washington SB 6061 Telemedicine Update for Therapists: Eric Strom, JD, PhD, LMHC Dec 2020
Telehealth: Legal and Ethical Issues: Benjamin E. Caldwell, PysD, LMFT Sept 2020
HIPAA for Mental Health Professionals: Katie Malinski, MSW, LCSW Sept 2020
Suicide Prevention, Assessment, and Intervention: Benjamin E. Caldwell, PysD, LMFT Sept 2020
Transformative Approach to Couples Therapy in Action: Esther Perel, LMFT August 2020
Trauma & Memory Course: Somatic Experiencing Skills to Help Clients Get Unstuck: Peter Levine, Ph.D. Nov 2020
Treating Complex Trauma with Internal Family Systems (IFS) Therapy: Dr. Frank Anderson Mar 2021
IFS and Parenting: Help Kids Transition Forward to a Calm Centered Place May 2021
How to be (Less Harmful): Training White Helpers to Serve BIPOC Clients by ARTIC Jun 2020
African American Multigenerational Trauma & Implementing Models of Change, Dr. Joy DeGruy Sept-Dec 2020
Supporting Transgender Clients: Will Zogg, MA, LMHCA Feb 2019
Anti-Oppression Accountability Group: Jeni Wahlig, PhD, LMFT
Trauma, Oppression, & Polyvagal Theory: Haley Jones, MS, CBTP, EMDR Spring 2018
Working with Refugees in the Clinical Context: Dr. Damir Utrzan Spring 2018