

# Dr. Robin Barre

## CEO & Founder



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## Psychology: Experience

### **The Shiftless Wanderer: CEO & Founder**

*January 2022—Present*

Expert consultation and training for non-profit organizations, schools, agencies, parent support groups, therapists, and those who serve and care about teenagers.

### **Robin Barre Psychotherapy Services**

*September 2011—Present*

Private depth psychotherapy practice offering services for children, adolescents, adults, and families.

- Areas of expertise: adolescent issues; complex relational trauma
- Experience with court-involved and high-conflict families
- Consultation services for educational organizations and schools for the provision of trauma-informed services
- Certified clinical trauma professional
- Certified Transform Your Boundaries trainer
- Voice Dialogue facilitator
- Certified Internal Family Systems therapist
- IFS-Institute approved IFS consultant
- Certified Integrated Mental Health Professional
- Licensed mental health counselor

### **Island County Human Services**

*August 2011—June 2016*

Island County School-Based Mental Health Counselor for South Whidbey and Stanwood schools.

- Provided services for students in grades K-12 addressing issues including, suicidality, self-harming behavior, PTSD, anxiety, depression, substance abuse, domestic violence, physical and sexual abuse, neglect, bullying, foster care, homelessness, divorce, parent illness and death.

- Coordinated care with parents, families, guardians, guardians ad litem, school district staff, Island County Sheriff's Department, Island County Juvenile and Family Court, Island County Human Services, Child Protective Services, other mental health and medical providers in private practice and agency settings, and community social services.

### **Island County Juvenile Drug Court**

*June 2009—June 2011*

Fieldwork research | Dialogues: Community, Mentoring, and Our Adolescents

- Assisted probation coordinator in developing and implementing the Juvenile Unification Mentoring Program (JUMP) for Juvenile Drug Court participants

### **Compass Community Mental Health Clinic**

*September 2003—June 2004*

Intern counselor providing counseling and case management for clients with chronic mental health disorders.

## **Psychology: Education**

### **Master's Degree in Counseling Psychology with an Emphasis in Depth Psychology**

Institution: Pacifica Graduate Institute

*Year of Graduation: 2005*

### **Master's Degree in Depth Psychology**

Institution: Pacifica Graduate Institute

*Year of Graduation: 2010*

### **Doctoral Degree in Depth Psychology**

Institution: Pacifica Graduate Institute

*Year of Graduation: 2015*

- Doctoral dissertation research focused on adolescents and trauma, transference and countertransference responses between alternative high school students and teachers

## Professional Educator: Experience

### **Brandman/Chapman University College**

*September 2006—June 2011*

Undergraduate psychology department adjunct faculty. Courses included:

- Introduction to Psychology
- Human Sexuality
- Youth at Risk
- Scientific Writing for the Social and Behavioral Sciences

### **R.I.S.K. Learning Center**

*August 2005—August 2010*

Director and instructor for a small alternative high school program contracted with Seattle Public Schools, housed within and supported by a nonprofit organization serving street-involved youth. The Learning Center supported highly vulnerable youth for GED or credit retrieval work.

- Duties included administration, case management, therapeutic and crisis counseling, curriculum planning and modifications.
- Worked with Seattle Interagency Academy staff and social services in Seattle area.

### **Whidbey Island Academy**

*August 2003—June 2005*

Literature and writing teacher in inclusive middle and high school classes in this homeschool-based and independent study program.

### **Private Tutor and Substitute Teacher South Whidbey Schools**

*August 2002—June 2005*

Served students grades 4-12. Duties included preparation for state tests, basic skills building, and organizational skills.

- Students served included those who were homeschooled, students on 504 or IEP plans, and student in the alternative high school program.

### **Oak Harbor and Sultan School Districts**

*August 1997—June 2002*

Language Arts and Social Studies teacher in inclusive 7th and 8th grade classrooms.

### **Antioch University Seattle**

*January 1996—December 1996*

Washington State Teaching Certificate K-8, with endorsements in Social Studies, English, History, and in 2005 also in Psychology.

## Professional Consultant: Experience

### **International Focus Group: Internal Family Systems for 6-12 year olds**

*May 2023*

University of Hildesheim, Hildesheim, Germany

Lead researcher: Dr. Ann-Katrin Hockmann

### **The Organic Farm School**

*Spring/Summer 2023*

Whidbey Island, WA

Executive director: Judy Feldman

## Professional Trainings, Seminars, Workshops Attended

### Internal Family Systems Trainings, Workshops, and Program Assistant

- Internal Family Systems Level 1 Training
  - *Kay Gardner lead trainer*
- Internal Family Systems Level 2 Training
  - *Osnat Arbel lead trainer*
- Internal Family Systems Level 1 Training Program Assistant
  - *Mariel Pastor lead trainer*
  - *Kay Gardner lead trainer*
  - *Osnat Arbel lead trainer*
- Internal Family Systems Level 2 Training Program Assistant
  - *Osnat Arbel lead trainer*
- IFS Continuity Program
- "Investigating Internal Family Systems: Addressing Shame, Trauma, & Addiction" – Richard Schwartz, Omega Institute
- "The Farther Reaches of IFS: Working with Unattached Burdens" – Life Architect
- "Shamanism and Psychotherapy" – Life Architect

### Integrated Mental Health

- Nutrition for Mental Health
- An Anti-Inflammatory Lifestyle

### Ethics

- Ethical Issues in the Helping Professions
- Ethics and The Systems Therapist—including, Clinical and Ethical Considerations with Family Court-Involved Clients
- Washington State Legal and Ethical Issues for Mental Health Counselors
- A Jungian Exploration of Ethics in Practice

### Navigating High Conflict

- Healing Children of High-Conflict Families
- High Conflict Co-Parenting—Overcoming Barriers
- High Conflict Families: Healing the Hostility, Revenge, Manipulation, and Parental Alienation
- The Self of the Therapist Across the Family Life Cycle

### Suicidality & Self-Harm

- Adverse Childhood Experiences Study Seminar
- Trauma & Psyche Seminar
- Suicide Assessment & Response Training
- Suicide & Self-Harm
- Self-Harming Behaviors Intervention & Treatment
- Applied Suicide Intervention Skills Training (ASIST)
- Treating Self-Harming Behaviors in Adolescents and Adults

### **Trauma Healing**

- International Society for the Study of Trauma and Dissociation – 2019 Conference
- Attachment, Trauma & Psychotherapy: Neural Integration as a Pathway to Resilience & Well-Being
- Neurophysiology of Trauma: Clinical Applications of the Polyvagal Theory
- Certified Clinical Trauma Professional Training
- Trauma Release Exercise-TRE Experiential
- Dialectical Behavior Therapy—Developing Basic Skills
- Sensorimotor Psychotherapy Level 1 Training

### **Educational Environments**

- Student Assistance Program in the Schools
- Students At Risk Institute
- First Steps Literacy
- Nonviolent Crisis Intervention
- Relational Aggression in Schools
- Drug Impairment Training for Educational Professionals

### **Alternative Therapy**

- Techniques for Facilitating Therapeutic Writing with Pongo Teen Writing
- Transform Your Boundaries Training for Trainers
- Voice Dialogue Facilitation Training
- Advanced Compassionate Depossession Training
- Art With Heart: Expressive Arts and Vulnerable Children
- Sandplay Therapy—Introduction
- HIV/AIDS/sexual harassment Training and Prevention
- Lifestyle, Mental Health, and Inflammation

## **Community Involvement**

### **Washington State Covid Worker Care Network**

2020

Provide trauma-informed care and support for those who are working on the front lines against Covid-19

### **Snohomish County**

2018

Member of the Restorative/Trauma Informed Care CHA Team, with Snohomish County Human Services, local hospitals and medical providers, Everett School District, ChildStrive, to create "an equitable sustainable environment that cultivates relationships and a strong feeling of belonging."

### **Whidbey CareNet**

2013—2015

Provided short-term low fee therapeutic services for First Responders who are experiencing vicarious trauma through this nonprofit organization

**Island County/Camano Island Community Network**

2010—2013

Community representative at monthly meetings for the Network, part of the Family Policy Council Community Initiative program

**Bayview Alternative High School**

2010, 2005, 2004

Guest poetry reader and teacher for multi-grades high school Language Arts classes

**Second Shift Dialogues**

2005—2006

Coordinated, organized, and facilitated weekly community dialogues based on Vicki Robin's model of Conversation Café with an emphasis on cross-generation conversations

**South Whidbey Parks and Recreations Community Workshops**

2001—2005

Facilitated workshops in the soul journaling technique, an active imagination practice to promote healing. Offered classes for adults, high school, and middle school students

**Whidbey Writers Academy**

2001, 2002

Facilitated adult poetry classes

## Professional Presentations And Publications

**Palm Beach Poetry Festival and Workshop**

January 2020

Juried workshop participant with Major Jackson

**Edited anthology Poetic Inquiry as Social Justice and Political Response, Vernon Press, peer-reviewed**

May 2019

Chapter included: Chronos Eats His Children: A Poetic Inquiry into Time as a Social Justice Issue

**Palm Beach Poetry Festival and Workshop**

January 2019

Juried workshop participant with Matthew Olzman

**4th International Conference on Psychoanalysis and Education: Creativity in the Psychoanalytic Process and Lifelong Learning**

Canterbury, UK | December 2017

Narrative performance: The Minotaur: A Mythopoetic Narrative in Three Voices

**6th International Symposium for Poetic Inquiry: Poetry As/In For Social Justice**

Bowling Green, Ohio | October 2017

Paper: Chronos Eats His Children: A Poetic Inquiry Into Time as a Social Justice Issue

**Jungian Society for Scholarly Studies: Complexity, Creativity, and Action**

Washington, DC. | June 2017

Presenting paper: Mythopoesis: Map, Vehicle, Alchemical Vessel

**5th International Symposium on Poetic Inquiry**

Vancouver, British Columbia, Canada | October 2015

Interactive workshop: "Fine Goat"—Foraging for the Things of the World

**Art and Psyche: Layers and Liminality: A Conference of the International Association for Analytical Psychology**

Siracusa, Sicily, Italy | September 2015

Paper: Crocodile Mandala

**Jungian Society for Scholarly Studies: On Nature and the Feminine: Psychological & Cultural Reflections**

Edmonton, Alberta, Canada | June 2015

Roundtable discussion: Following Ariadne's Thread~Research as Engagement with the Feminine

**Boys & Girls Club**

Mukilteo, Washington | 2014

Guest presenter: Providing Trauma-Informed and Developmentally Appropriate Services for Vulnerable Youth

**Jungian Society for Scholarly Studies**

Ithaca, NY | June 2011

Paper: The Minotaur and Zoë: Dionysian Symbols of Adolescence

**Cascade #2: Journal of the Washington Poets Association**

2011

Poem: Winter

**Jung in Dialogue: Practices in Soulmaking**

Carpinteria, CA | June 2010

Mixed Media presentation: The Ariadne Journals

**Jungian Society for Scholarly Studies**

Ithaca, NY | June 2010

Workshop and presentation: Image and Word: Healing and Transforming through Soul Journaling

**International Child and Youth Care Conference**

Ft. Lauderdale, FL | 2009

Presenting paper: Teaching for Imagination—Learning How to Enter the World



**San Francisco Medical Magazine**

2008

Article published: Anemia as Metaphor

**Sea of Voices, Isle of Story Poetry Anthology**

2003

Poem: Strange songs beautifully

**Skagit Valley College Sqajet Literary Magazine**

2001

Poem: Original Sin

**PoetsWest Journal**

2000

Poem: August boys of my own and Stones from other shores

## LINKS TO VIDEOS, PODCASTS, SPEAKING

**Sarri Gilman: Global Conversation-Skills to Connect with Teenagers**

June 2022

[https://youtu.be/\\_OEU5Wu4P04](https://youtu.be/_OEU5Wu4P04)

**Finding Our Fit- The Adolescent Mental Health Crisis: Causes and Resources**

November 2022

<https://www.youtube.com/live/a7a1hpo0a98?feature=share>



For more resources, visit  
[theshiftlesswanderer.com](https://theshiftlesswanderer.com)

