

# Jennifer Ashley Polse Payne, MA, LMFT, LPCC

Licensed in California and Oregon

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## Education

Alliant University, took a Career Counseling Course to meet the Core Content area for LPCC licensure.  
April 2012.

M.A. **Humboldt State University.** Master of Arts in Counseling Psychology, Coursework  
Completed May 2003, Graduated December 2007. Thesis: "Adult Children's Body Image,  
Identification with Parental Body Shape and Its Relationship to Eating Disturbances."

B.A. **Humboldt State University.** Bachelor of Arts in Psychology, May 2001.

## Experience

- Private Practice, Berkeley, CA. Feb 2010- Present  
Sole Proprietor in private practice. Working with adolescents, adults, couples and families. Eclectic therapeutic style with a family systems, client centered, and humanistic approach.
- Holden High School, Orinda, CA. August 2005-Present  
Currently Clinical Director providing individual and group supervision to associates and trainees. Support all students, screen mental health needs with outside providers, provide parent support, run crisis sessions, support teachers and staff by advocating for mental health needs of the students. Run the Counseling Program, which has 4-5 associates/trainees. I complete the application and hiring process for all counselors. Started as a trainee, then intern and prior to director, I was the lead counselor. I have taught various groups, Social Relations class, drug awareness class, run check-in groups and Sober check-in groups.
- New Directions Counseling Center, Concord, CA. Feb 2004-Dec 2008  
Worked as a trainee and intern working with children, adolescents, adults, couples and families.
- California State University Hayward, Counseling and Psychological Services August 2004-July 2005  
Worked as a trainee running groups, working one on one with young adults and adults from various backgrounds.

- Humboldt State University, Counseling and Psychological Services  
Acquired skills on brief therapy work and ran groups for students struggling with issues of control, substance use, jealousy, and miscommunication.  
Sept 2003-Dec 2003
- Davis House Counseling Clinic, Arcata, CA.  
Fieldwork experience focusing on developing and acquiring skills in individual, child, couples, family and group counseling.  
Attained skills in writing progress notes, release of information, termination and other paperwork.  
Ran substance abuse groups  
Jan 2002- Dec 2003

## Professional Development

- Licensed Marriage and Family Therapist in Oregon  
October 30, 2021
- Licensed Professional Clinical Counselor in California  
January 14, 2013
- Licensed Marriage and Family Therapist in California  
December 31, 2009
- California Association of Marriage and Family Therapists  
Member since 2001
- East Bay Association of Marriage and Family Therapists  
Member since 2010