



Mark Melten

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SUMMARY OF SKILLS

Clinical Trauma Training | Brainspotting 1 | Gottman 1 | Traditional Chinese Medicine | Focusing Therapy | Group Therapy | Mindfulness & Spirituality | Somatic Interventions | BodyTalk® | Breath Work | Faith-based Counseling | Inquiry | DBT | Schema Therapy | ACT

EDUCATION

Bastyr University | Master of Arts in Counseling Psychology | San Diego, CA | 06/2022

"Trained in a multi-disciplinary approach to holistic psychology at one of the nation's foremost Naturopathic medical schools."

Fort Hays State University | Bachelor of Science in Psychology | Fort Hays, KS | 05/2020

"Graduated Magna Cum Laude while supporting an ailing parent and working full-time"

Pacific College of Health & Science | Master's Program | San Diego, CA | 11/1999

"Completed 63 units of rigorous curricula, achieving high marks in Traditional Oriental Medical theory, herbs & formulas, meridian knowledge, and neuroscience"

RELEVANT EXPERIENCE

Principal & Founder | Inner Wisdom Psychology | Sacramento, CA | 06/2022 – Present

- Guiding and inspiring clients to implement immediate changes in lifestyle, nutrition, career, environment, and spiritual well-being using integrative and holistic skills gained in over 20 years of research and practice.

Associate Therapist | Three Rivers Counseling | Yuba City | 01/2025 - Present

- An accomplished psychotherapist with a proven track record of positive treatment outcomes across a range of mental health issues, including OCD, anxiety, trauma, insomnia, and couples therapy. Known for outstanding client retention and a consistent referral base from highly satisfied clients. Excels in collaborative peer relationships and demonstrates strong note-taking and case conceptualization skills.

Associate Therapist | Akua Behavioral Health | Fair Oaks, CA | 06/2024 - 01/2025

- Provides stabilization, group facilitation, and effective individual therapy for high acuity clients in Residential Crisis Center; Reliably delivers time-sensitive biopsychosocial assessments, clinical inventories, case conceptualizations, treatment plans, and clinical reviews in a high-intensity environment.

Therapist & Group Facilitator | Casa Palmera | Del Mar, CA | 12/2021 – 3/2023

- Demonstrated track record assisting high acuity patients to reduce suicidal ideation, depression, and anxiety; a highly requested therapist able to quickly establish trust and a strong therapeutic alliance; received consistent, exemplary feedback from patients attending process and psycho-education groups and high marks in patient exit-surveys

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VOLUNTEER EXPERIENCE

Volunteer | St. Katherine | Carlsbad, CA | 2021-2023

- Meal preparation and service; parish cleaning

Stephen's Minister | Daybreak Church | Carlsbad, CA | 2021

- Process-driven, faith-based care for those needing one-on-one, weekly support

Crisis Counselor | Crisistextline.org | New York | 09/2018 – 06/2020

- Support for texters on a wide range of challenges including suicidality, bullying, depression, poverty, self-harming, anxiety, and domestic violence

Community Resource Volunteer | St. Vincent de Paul | Oakland, CA | 2019

- Supported kitchen staff with meal preparation and service
- Matched local, indigent clients with onsite and community resources

Yoga Instructor | Taft Correctional Yoga Program | Taft, CA | 01/2015-07/2017

- Led and developed classes in Hatha yoga for underprivileged men incarcerated in a low security, federal immigration camp

Ride Facilitator | Ride to Walk | Lincoln, CA | 2012

- Supported children with severe neurological deficits to improve balance, control, socialization, and strength with equine assisted interaction.

CERTIFICATIONS/TRAININGS

- Basic Life Support/CPR
- Brainspotting Phase 1
- Motivational Interviewing 1
- Group Counseling with Carrie Haynes, LPC.
- DBT Level 1
- Gottman Level 1
- Clinical Trauma Professional Training
- BodyTalk® Fundamentals, advanced module, module 3 (stand-alone somatic modality)
- Functional Medicine Approach to Mental Health (nearing completion)
- Neurotransmitter Balance
- Risk Management 1&2, Law & Ethics Responsibilities 1&2

PROFESSIONAL AFFILIATIONS

- International Bodytalk® Association
- Scientific Advisory Board | Biopro International | Carlsbad, CA | 2008