

LYNETTE WIEST, PsyD, MSW, BS

Life Coach

Office (843) 968-7568

You Tube:

<https://www.youtube.com/DocLynette>

Website:

<https://www.wisdomspacfulharmony.guru>

July, 2025

New Life Coaching Website coming soon!!

PROFESSIONAL EXPERIENCE

| | | |
|------------------|--|--------------------|
| 06/25 to Present | Life Coach Insight & Impact Life Coaching, LLC Individual, couple, and family relationship coaching Video and Telephone Sessions <i>Life Coaching Private Practice</i> | Global / Worldwide |
| 04/07 to 05/25 | Licensed Clinical Psychologist Effective Solutions, LLC Individual, couple, and family counseling <i>Outpatient private practice</i> | Hilton Head, SC |
| 05/00 to 06/07 | Licensed Clinical Psychologist (July, 2002 to June 2007) Licensed Clinical Social Worker (May, 2000 to June 2007) Lighthouse Counseling Center, PC Individual, couple, family, and group counseling <i>Outpatient private practice</i> | Newnan, GA |
| 10/97 to 06/01 | Licensed Clinical Social Worker “Survival Workshop”, Sponsored by Friends of Prison Families Provided workshops for families of incarcerated individuals <i>Community non-profit organization</i> Didactic and participatory workshops addressing relationship issues, self care skills, incarceration’s impact on family, and family choices and roles in the inmate’s life | Atlanta, GA |
| 09/96 to 07/00 | Licensed Clinical Social Worker Christian Counseling and Psychological Services Individual, couple, and family counseling <i>Outpatient private practice</i> | Lilburn, GA |
| 01/99 to 06/00 | Licensed Clinical Social Worker Co-Founder Turning Point Services Established mental health care for: at-risk children; and for people impacted by domestic violence, incarceration, and/or drug and alcohol abuse/dependence <i>Outpatient private non-profit organization</i> | Lilburn, GA |
| 09/96 to 09/97 | Psychology Intern United States Penitentiary – Atlanta Individual and group counseling <i>High/maximum security prison for men.</i> (General population, drug treatment population, solitary confinement population, and suicide watch population. Inmates sentences were 20 years to life, without possibility of parole) | Atlanta, GA |

| | | |
|----------------|--|----------------|
| 01/92 to 01/96 | Psychotherapist, Associate Clinical Social Worker Kaiser Permanente, Psychiatry Department Individual, couple, family, group, and crisis counseling <i>Outpatient medical clinic</i> | Pleasanton, CA |
| 09/95 to 06/96 | Psychology Intern Federal Correctional Institution-Dublin Individual, crisis, and group Counseling <i>Multi-level security prison for women</i> (General population, and solitary confinement population) | Dublin, CA |
| 09/94 to 06/95 | Psychology Intern Berkeley Mental Health Mobile Crisis Team Crisis intervention to individuals, couples, and families in homes and on the street (50% of cases required police presence) <i>Community mental health center</i> | Berkeley, CA |
| 01/90 to 12/91 | Psychotherapist Trainee Family Health Plan, Mental Health Department Individual, couple, and family counseling <i>Outpatient medical clinic</i> | Elm Grove, WI |
| 02/88 to 10/91 | Counselor Horizon House Group Home Individual counseling and residential supervision <i>Group home for teenage girls</i> | Madison, WI |
| 05/87 to 09/87 | Juvenile Court Counselor, Psychology Trainee Dane County Juvenile Reception Center Intake interviews and family counseling to assist in decisions of detention and social service programs <i>Detention intake-center for juveniles</i> | Madison, WI |
| 09/86 to 12/86 | Juvenile Court Worker, Volunteer Dane County Juvenile Shelter Home Assisting staff during children's activities <i>Children's shelter home</i> | Madison, WI |

*The above **Professional Experience** included, but was not limited to **issues of**: marital/couples, parenting, family, spirituality, panic and anxiety, women's issues, men's issues, anger management, grief resolution, assertiveness skills, adult children of substance abusers, recovery from substance abuse, chronic illness, eating disorders, infidelity/post-affair recovery, conflict resolution, premarital counseling, behavioral problems of adults/children, somatization, mood/emotion, separation/divorce, abusive relationships, incest survivors, step-parenting, incarceration, relationship boundaries, codependency, addictions, self-esteem, communication, domestic violence, and personality problems; **participation in** staff meetings, quality assurance meetings, conducting staff training, multi-discipline case collaboration, research projects, and peer supervision; **providing** crisis intervention, individual, couple, and family therapy, psychological testing, and intake screening

CURRENT LICENSE & CERTIFICATIONS

Licensed Clinical Psychologist, 2002 - July 2025, I will put the license into "Inactive" Status) – State of South Carolina

Licensed Clinical Social Worker, 1996-2007 – State of Georgia

Marriage and Family Therapy Certificate, 1991

EDUCATION

| | | |
|--------------|--|----------------|
| 1993 to 2000 | <i>Doctor of Psychology</i> <i>Dissertation Title - Inmates' Families In Crisis: Development of a Workshop Series</i> California School of Professional Psychology-Berkeley/Alameda Accredited by the American Psychological Association\ | Alameda, CA |
| 1990 to 1991 | <i>Masters of Social Work,</i> <i>including Marriage and Family Therapy Certificate</i> <i>Program (AAMFT Approved; www.AAMFT.org)</i> University of Wisconsin – Milwaukee | Milwaukee, WI |
| 1985 to 1987 | <i>Bachelor of Science, Criminal Justice major</i> Edgewood College | Madison, WI |
| 1984 | <i>Social Work major</i> University of Wisconsin – Madison | Madison, WI |
| 1982 to 1983 | <i>Social Work major, Criminology emphasis</i> University of Wisconsin – Eau Claire | Eau Claire, WI |

ADDITIONAL PROFESSIONAL TRAINING

Workshops in Life Coaching, Substance Abuse, Dependency, and Rehabilitation; Step-Family Issues; Systemic Dynamics; Domestic Violence; Women's Health Issues; Biofeedback; Multi-Cultural Issues; DSM IV Content and Utilization; Ethical Considerations; Integration of Psychology and Spirituality; Sexual Abuse Issues; Geriatric Health Psychology; LGBT Issues; and various models of psychotherapy intervention and theory

BOARD MEMBERSHIP

| | | |
|--------------|---|-------------|
| 1998 to 2002 | Friends of Prison Families <i>a non-profit organization</i> | Atlanta, GA |
|--------------|---|-------------|

INTERNATIONAL & DOMESTIC VOLUNTEER EXPERIENCES (NON-PROFIT)

| | | |
|-----------------------------------|---|---------------------|
| August-September, 2023 | <i>Volunteer</i> Global Vision International I taught English to native children and adults living in villages on Nosy Be Island. | Nosy Be, Madagascar |
| August–September & November, 2022 | <i>Volunteer</i> Jubilee Partners I taught English, taught citizenship class, provided child care, spoke at a Women's Support Group, lived in community. Jubilee Partners is a non-profit common-purse intentional community, serving refugees and asylum seekers from several countries /several continents. <i>Organized by Jubilee Partners</i> | Comer, Georgia, USA |

| | | |
|-----------------|---|---------------------------|
| May, 2019 | <p><i>Volunteer</i></p> <p>Cruzando Fronteras</p> <p>I provided services to migrants from various Central American countries: Teaching English to children, providing activities for children, teaching the USA money system to adults, and counseling adults experiencing trauma, grief, adjustment issues.</p> <p><i>Organized by Cruzando Fronteras</i></p> | Nogales, Mexico |
| September, 2018 | <p><i>Volunteer</i></p> <p>Harmony Through Education</p> <p>I tutored individual children at their school, Harmony Through Education, a school for children with special mental and physical needs.</p> <p><i>Organized by Bridging Global Cultures</i></p> | Dharamshala, India |
| September, 2017 | <p><i>Volunteer</i></p> <p>Ritsona Refugee Camp for Syrian, Afghan, and Kurdish Refugees</p> <p>I worked with vulnerable children (ages 3-12), creating, nurturing, encouraging, and supporting social and emotional development and healing.</p> <p>Multi-disciplinary support and coordination facilitated the well-being and resilience of the children.</p> <p><i>Organized by www.CrossCulturalSolutions.org and www.LighthouseRelief.org</i></p> | Ritsona, Greece |
| November, 2016 | <p><i>Volunteer</i></p> <p>School for Children with Disabilities</p> <p>Social interaction and support for children who have physical and emotional challenges and disabilities (primarily Down Syndrome, Autism, and Cerebral Palsy)</p> <p><i>Organized by www.CrossCulturalSolutions.org (non-profit organization)</i></p> | Lima, Peru |
| December, 2015 | <p><i>Volunteer</i></p> <p>Inner City Elementary School</p> <p>Taught math and English to elementary age children</p> <p><i>Organized by www.CrossCulturalSolutions.org (non-profit organization)</i></p> | Moshe, Tanzania |
| April, 2015 | <p><i>Volunteer</i></p> <p>Mother Teresa House for the sick and dying</p> <p>Social interaction and support for adults who have emotional and physical challenges and disabilities</p> <p><i>Organized by www.CrossCulturalSolutions.org (non-profit organization)</i></p> | Delhi, India |
| September, 2014 | <p><i>Volunteer</i></p> <p>Inner City Elementary School</p> <p>Worked to improve the outside beauty of an inner-city elementary school</p> <p>Supervision of children's outdoor activities</p> <p><i>Organized by www.CrossCulturalSolutions.org (non-profit organization)</i></p> | Cartago, Costa Rica |
| February, 2014 | <p><i>Volunteer</i></p> <p>Orphanage for Children with Disabilities</p> <p>Social interaction and support with children who have physical and emotional challenges and disabilities</p> <p><i>Organized by www.CrossCulturalSolutions.org (non-profit organization)</i></p> | Guatemala City, Guatemala |