



EMILY RUTH MCINTOSH

MARRIAGE AND FAMILY
THERAPY STUDENT

PROFESSIONAL SUMMARY

Experienced educator, coach, and entrepreneur. 20+ years teaching and 8 years of business ownership. Current Marriage and Family Therapy student. In employment, a dedicated, dependable employee who loves helping her employer thrive in the community.

EXPERIENCE

GENERAL TRAINING ASSISTANT |
PODCAST HOST

NARM Training Institute | 2021-present

- General Training Assistant- Supports NARM students in learning the [NeuroAffective Relational Model](#) working with complex trauma
- [Podcast Transforming Trauma](#) (In 3rd season)

PODCAST PRODUCER & HOST |
CONTENT CREATOR

Dr. Wally | 2018- Present

- [Podcast- Dr. Wally: A Fresh View](#)
- Planned/Collaborated on content for upcoming Marriage Renewal retreat in Logan, UT Feb.'22
- Social Media Content

TRAUMA & GRIEF COACH

Emily Ruth Coach LLC | 2013-2020

- [Bio/Website](#)
- Created 3-month Group Coaching Course
- Planned, coordinated and marketed 4 retreats
- Planned and coordinated 10 workshops
- Supported clients in trauma, body image and grief work

MFT CLINICAL INTERN

Maier Counseling & Wellness 2022

CONTACT

📞 480-399-8007

✉ emilyruthmcintosh@gmail.com

📍 Mesa, AZ

EDUCATION

MA- MARRIAGE & FAMILY
THERAPY: TRAUMA EMPHASIS
Northcentral University | Grad 2023

NARM PRACTITIONER LEVEL 2
NARM Training Institute | 2021

- Certified in working with developmental trauma cptsd

BS- MARRIAGE & FAMILY
STUDIES
BYU-I | 2018

SKILLS

- Certified Body Positive Facilitator
- Certified Eating Psychology Coach
- Certified Grief Recovery Specialist®
- Comfortable working with groups & individuals
- EFT Externship trained