



KRISTEN LANGBAUER

MAC, MBA, LPC

CONTACT

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PT [Psychology Today](#)

FORMAL EDUCATION

Adams State University
Master of Arts in Clinical Mental Health Counseling

University of Texas
Master of Business Administration (MBA)

University of Texas
Bachelor of Arts in Criminal Justice with a minor in Sociology

San Antonio College
Associate of Arts in Psychology

LCDC School of Austin, now ICDS
Licensed Chemical Dependency Training

LICENSE

Colorado Licensed Professional Counselor
LPC.0022099

CERTIFICATIONS

Certified Clinical Trauma Professional (CCTP-I)

FACILITATED TRAINING

High-Conflict Divorce and Separation Group for Men

Divorce and Separation Support Group for Women

Special Education Advocacy Training

PROFESSIONAL ORGANIZATIONS

American Counseling Association (CCA)
Parental Alienation Study Group (PASG)

Hello, my name is Kristen Langbauer. I hold an Associate of Arts degree in Psychology from San Antonio College, a Bachelor of Arts degree in Criminal Justice with a minor in Sociology, a Master of Business Administration from the University of Texas, and a Master of Arts degree in Clinical Mental Health Counseling from Adams State University.

I am trained in evidence-based therapies and interventions, including Person-Centered Therapy, Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Internal Family Systems (IFS), Family Systems Theory (FST), Attachment-Based Therapy, Reunification/Reintegration Therapy, Motivational Interviewing (MI), Trauma Therapy, and Gottman Levels 1 and 2. I also have expertise in chemical dependency and have over 20 years of experience as a Special Education Advocate.

I have experience in building collaborative relationships with Child Family Investigators (CFIs), Parental Responsibility Evaluators (PREs), social services, the court system, and law enforcement.

I specialize in reunification (reintegration) and court-ordered family therapy, with a focus on nurturing the quality of parent-child relationship. As a reunification and court-ordered family therapist, the child is my client. Clinical sessions, professional interviews, collateral interviews, review of the documentation provided, and the safety of the child(ren) inform my professional practices. ***My theoretical approach to reunification therapy is evidence-based, drawing from Attachment Theory and Family Systems Theory.***

The goals of reunification therapy include fostering healthy adjustments for the child and improving the functioning and roles of parents within the family system. We aim to ensure that each child has a healthy relationship with both parents and to help the family system regain stability.

As a therapist, I work collaboratively with my clients to identify areas in their lives where they feel stuck. With a non-judgmental approach, I guide them in discovering their inner strength, helping them remove obstacles that prevent them from leading a vibrant life. I believe in the power of the partnership between therapist and client. Therapy is a journey of growth and self-discovery, and I affirm that your identities and experiences are essential to me.

SPECIALIZATIONS

Individuals, Couples, & Family
Antisocial Personality (ASPD)
Borderline Personality (BPD)
Divorce, High-Conflict Relationships
Family Conflict
Oppositional Defiance (ODD)
Reintegration Therapy
Schizophrenia, Schizoaffective

Adjustment Issues
Anxiety
Complex Trauma
Domestic Abuse
Histrionic (HPD)
Parenting
Relationship Issues

Anger Management
Attachment Issues
Court-Ordered Therapy
Domestic Abuse
Narcissistic Personality (NPD)
Post Traumatic Stress (PTSD)
Reunification Therapy

COUNSELING EXPERIENCE

REFLECT FAMILY THERAPY & COUNSELING
Mental Health Therapist

PARKER COUNSELING SERVICES
Mental Health Therapist

COLORADO DEPARTMENT OF CORRECTIONS
WOMEN'S RESIDENTIAL TREATMENT PROGRAM
MH II and Social Worker/Counselor II

RELATE FAMILY THERAPY AND COUNSELING
Practicum/Internship, Mental Health Therapist

PROFESSIONAL EXPERIENCE

STINSON LLP
Human Resources/Administration/Management

UNIVERSITY OF TEXAS MEDICAL BRANCH
Paralegal/Administration

COLORADO PERMANENTE MEDICAL GROUP
Project Management - Medical Informatics

TEXAS JUVENILE JUSTICE DEPARTMENT
Administration

UNIVERSITY OF TEXAS HEALTH SCIENCE CENTER
Administration

THE LAW OFFICE OF PATRICIA WUESTE
Paralegal/Family Law Investigations

ADDITIONAL TRAINING

National Board of Forensic Evaluators, Parental Reunification presented by Dr. Norman Hoffman, Licensed Mental Health Counselor, Licensed Marriage & Family Therapist, and Founder and President of the National Board of Forensic Evaluators (NBFE)

Parental Reunification Therapy presented by Dr. Tom Black, PhD in Psychology and LPC and Gina Loratelli, High Conflict Co-Parent Communication Coach

Parental Alienation: Reunification Therapy presented by Michael Holler, MA, NCC, CCMHC, CFMHE, CCCE LMHC

Reunification and Court Orders: Best Practices to Be on the Same Page presented by The Honorable Emily Miskel, *470th District Court of Collin County*, McKinney, Texas, Aaron Robb, Ph.D., Susan Fletcher, Ph.D. and Christy Bradshaw Schmidt, MA, LPC,

When Parents are at War; A Child Therapist's Guide to Navigating High Conflict Divorce and Custody Cases, presented by Lynn Louise Wonders, LPC, RPT-S, CPCS

A Blueprint for Parenting Children Ages 0 to 7: A Foundation for Good Mental Health, presented by Michelle Jensen, Counselor, David Bones MBA, Counselor, Dennis Morrow M.A.Ed.

Family Mediation Training, presented by Family Solutions

Couples Therapy for Treating Trauma: The Gottman Method Approach, presented by John M. Gottman, PhD; Julie Schwartz Gottman, PhD

Treating Complex Trauma Client at the Edge: How Brain Science Can Inform Interventions, presented by Frank Anderson, MD

Overcoming Trauma-Related Shame and Self-Loathing, presented by Janina Fisher, PhD

Cultural and Historical Traumas: Invisible Barriers to Healing and Change, presented by Anita Mandley, MS, LCPC

The Essentials of Effective Trauma Treatment: How to Go Beyond the Technique, presented by Mary Jo Barrett, MSW

Trauma-Informed, presented by Survivor-Centered Advocacy

The Complete Internal Family Systems (IFS) Therapy, presented by Stacy Ruse, LPC

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma, presented by Bessel Van Der Kolk, MD

Internal Family Systems Therapy Intensives, presented by Elizabeth Taeubert, LCSW, RN, MS

Mastering the Craft of Treating Trauma: Four Core Skills, presented by Deany Lalotitis, LICSW

Healing from the Bottom Up: How to Help Clients Access Resource States, presented by Peter Levine, PhD

Understanding Abusers, presented by Teresa Crowe, PhD, LICSW

Understanding Domestic Violence, presented by Michele Lloyd

Domestic Violence and Education, presented by Michele Lloyd

Protective Factors for Sexual Violence: Understanding Trajectories Related to Perpetration in High School, presented by Kathleen C. Basile, PhD

Intimate Partner Violence: Prevalence, Indicators, and Theories, presented by Teresa Crowe, PhD, LICSW

Intimate Partner Violence: Assessment, Safety Planning, Trauma, Sociocultural Aspects, Perpetrator Dynamics and Legal Issues, presented by Teresa Crowe, PhD, LICSW

Child Abuse Assessment and Reporting, presented by Teresa Crowe, PhD, LICSW, Heidi Dalzell, Psy.D.

Child Maltreatment: Child Abuse and Neglect, presented by Teresa Crowe, PhD, LICSW

Acts of Omission: An Overview of Child Neglect, presented by Teresa Crowe, PhD, LICSW
