

CENTENNIAL CONSULTING and ASSOCIATES, LLC



Charles G. Allen, Ph.D.
(Dr. Chuck)



Dr. Charles Allen is a Licensed Psychologist (#1372) in Colorado and has worked in the mental health field since 1972. He spent over 30 years working with hospital-based programs, including the University of California - Irvine Medical Center, Santa Ana Psychiatric Hospital, Swedish Medical Center, and the Department of Veterans Affairs. Dr. Chuck has extensive experience in: Outpatient & Inpatient Mental Health, Organizational Consulting, Private Practice, Parent Education, Psychological Testing, Executive and Managerial Coaching, Conflict and Anger Management workshops, and Program Development and Administration.

In 1962, he worked for his father's Ambulance Service as an EMT and Funeral Home assisting with embalming, autopsies, and funeral services. Then in 1966, he served as an EMT for an Ambulance Service in Lincoln Nebraska. In 1967 he joined the U.S. Marine Corps and while in Vietnam his interest in Psychology began.

After the Marine Corps, at the University of Nebraska, he served as a volunteer for the Student Health Center's Suicide Hotline (1972). During graduate school in California, he worked for two private psychiatric hospitals. In Denver, he worked as a consultant for the Tracom Corp., an organizational consulting firm. He retired from the Department of Veterans Affairs Medical Center in 2006. At the VAMC his duties included, Coordinator, and then Director of the Chronic Pain Clinic, the Director of the PTSD Clinical Team and team member in the Dual Diagnosis program. He was heavily involved in the major transition to the electronic medical record, writing documentation templates for MH users, conducting training and workshops on applications for all staff.

At Swedish Medical Center he taught an 8-week parenting class called: **"Who Runs Your Family, You or your Toddler?"**. He provides individual trauma therapy, stress management and EAP consultation to Firefighters and Paramedics at a local Fire District. He has provided seminars on **Conflict and Anger Management** in the Fire Department's Command and Lieutenant's Academy. He was an Adjunct Faculty member at the University of Denver in the Counseling Psychology Doctoral program. He holds a private pilot's license. He is an NRA Chief Range Safety Officer and NRA Certified Pistol Instructor; he offers discussion groups on **The Psychology of Carrying a Gun.**

He holds a Doctor of Philosophy in Counseling Psychology from the University of Denver. A Master of Arts in Counseling Psychology from Chapman College and a Bachelor of Arts in Psychology, with Minors in Cultural Anthropology and Religious Philosophy from the University of Nebraska.