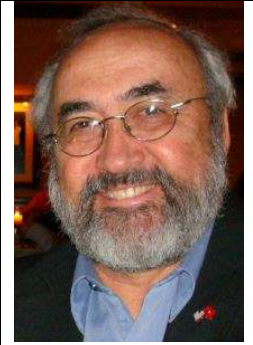


CENTENNIAL CONSULTING and ASSOCIATES, LLC



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



Dr. Charles Allen is a Licensed Psychologist and has worked in the mental health 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.

His interest in Mental Health began as a U.S. Marine in Vietnam when he subscribed to a psychology book club. 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 in the Workplace, Program Development and Administration.

He began at the University of Nebraska as a volunteer for the Student Health Center's suicide crisis hotline. During graduate school in California, he worked for two private psychiatric hospitals. In Denver, he worked as a consultant for an organizational consulting firm and was certified with the Social Style Profile[®]. 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 some routines 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 maintains a small private practice throughout his career and provided therapy to 4 students/families and a teacher following a local school shooting. 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 is an Adjunct Faculty member at the University of Denver in the Counseling Psychology Doctoral program. He holds a private pilots 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.