

Kimberly L. Cole, Psy. D.
Licensed Clinical Psychologist
Certified EMDR Therapist
11802 E. Mansfield Ave., Suite 1
Spokane Valley, Washington 99212
(509) 473-9157
drkimberlycole@briarrseocenter.com

Education: **Argosy University – Seattle** Seattle, Washington
Doctorate of Psychology, Clinical Psychology April 2007
Dissertation Defended: July 2006. Preliminary Investigation of the
Efficacy of a Trauma-Focused Treatment Group in a Women’s Prison.

Argosy University – Seattle Seattle, Washington
Master of Arts, Clinical Psychology. April 2005

University of Idaho Moscow, Idaho
Bachelors of Science (with honors), Psychology Major, Women’s
Studies Minor. May 2001

College of Southern Idaho Twin Falls, Idaho
Certificate of Applied Science in Law Enforcement (with honors), May,
1991.

Honors & Awards: Employee of the Year Award 2010 -
Pine Lodge Correction Center for Women
Psi Chi, 2000
Golden Key National Honor Society, 2000
TRIO Achiever Award, University of Idaho, May, 2001. Awarded
annually to three students for dedication to higher education and
outstanding academic achievement.

Specialized
Training: **Certified EMDR Therapist**, March 2010, EMDRIA, Austin, Texas
EMDRIA Continuing Education, February 2018
EMDR & Dissociation: The Progressive Approach, Anabel Gonzalez &
Delores Mosquera
EMDRIA Continuing Education, February 2016 San Diego, California
Healing the Wounds of Attachment and Rebuilding Self
Washington State Psychological Association, February 2014
Mindfulness-Based Trauma Therapy: Compassion, Exposure, and
Metacognitive Awareness

Tetreault Advanced Seminars, May 2013 Phoenix, Arizona
Healing the Heart of Trauma with EMDR and Ego State Therapy

PESI, May 2013 Spokane Valley, Washington
Dissociative Identity Disorder: Critical Skills for Effective Diagnosis & Treatment

EMDRIA Continuing Education, May 2013 Olympia, Washington
I See You, I Feel You, I Know You: An EMDR Attachment-Focused Model to Heal the Parent-Child Bond

University of Washington, February 2012 Seattle, Washington
Coping with Trauma Related Dissociation: A Stabilization Skills Toolkit

EMDRIA Continuing Education, October 2011, Kirkland, Washington
Toward An Embodied Self

EMDRIA Continuing Education, March 2011, Seattle, Washington
Attachment-Focused EMDR: Healing Relational Trauma

EMDRIA Continuing Education, February 2010, Austin, Texas
Deepening EMDR Treatment Effects Across the Trauma Spectrum

EMDR Training, July 2008, EMDR Institute, Portland, Oregon
Washington State Psychological Association (WSPA), April 2008
Focus on Military Families, Issues, & Treatment; Treatment of Trauma, Combat Stress & PTSD; “Nightmares No More – Treatment of Trauma Related Nightmares”; Self Care for the Warrior Moments in Our Lives: A Lifestyle Consideration.

Licensed Clinical Psychologist, October, 2007
State of Washington

Dialectical Behavior Therapy Skills Training, February, 2003.
Seattle, Washington.
Learn the skills (such as, mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness) to work with individuals with Borderline Personality Disorder/Complex Posttraumatic Stress Disorder.

Client-Centered Counseling Training, February, 2001. Department of Health & Welfare, Moscow, Idaho.
Provided counselors with the knowledge to work with clients for the prevention of HIV/AIDS primarily with the Harms Reduction Model. Provided counselors with the knowledge to work with clients diagnosed with HIV/AIDS in the here and now.

Domestic Violence & Sexual Assault Victims Advocate, June, 2000 – present. The Women’s Center, Alternatives to Violence, Coeur d’ Alene, Idaho.

Provided crisis intervention to women and children in need. Co-facilitated group counseling sessions and provided other services including crisis hotline support, individual counseling and case management for battered women and their children.

Hospice Volunteer, February, 1998 – August, 2001. Syringa Hospital, Grangeville, Idaho.

Provided support to terminally ill patients and their significant others.

Court Appointed Special Advocate (CASA), May, 1992 – August, 2001. Guardian Ad Litem, Twin Falls, Idaho

Advocate for abused and neglected children (5 cases).

Clinical Experience

Post Doctoral Internship

Washington Correction Center for Women, April 2007 – April 2008

Responsibilities include performing individualized intake assessments; provided treatment planning; conducting group and individual therapy; producing discharge summaries for patients in the Special Needs Unit (SNU); Conducting instrument based diagnostic assessments; Conducting Close Observation Area rounds daily and assessing for suicidality, homicidality and grave disability; Conducting Segregation rounds 3 times per week and respond to crisis in Segregation as needed; Conducting SNU Acute rounds on a daily basis; Ensuring that all documentation is completed in a timely manner related to patients’ care.

Working collaboratively with co-workers; Participating in SNU Acute Treatment Team Meetings twice weekly; Working in a collegial and collaborative manner with outpatient mental health staff and health care staff in order to ensure continuity of care. Working with custody staff and classification staff to ensure safety and security.

On call Mental Health Care Provider (MHOD) through rotation.

Supervision two hours weekly.

Doctoral Intern

Greater Lakes Mental Healthcare, February 2006 – January 2007

This intern placement has as its focus individual and group psychotherapy (from a Feminist perspective) and assessment practices including psychological assessments, mental health evaluations, and intake/diagnostic assessments. A specific treatment focus of mine is on trauma recovery.

Practicum Student/Intern

Washington Correction Center for Women, September 2003 – April 23, 2005.

This practicum placement has an emphasis on psychological assessment, risk assessment, mental health assessment, and individual/group psychotherapy with women using feminist therapy theory. Designed and implemented the following groups with a colleague: Life Skills (i.e. personal hygiene, communication, anger/stress management) for low functioning women; Healthy Relationships (i.e. identify what an unhealthy relationship is); Trauma Therapy (i.e. coping skills).

Doctoral dissertation was completed at WCCW. The purpose of the preliminary investigation was to implement and evaluate the efficacy of a time-limited, trauma-focused group intervention with a group of recently-incarcerated women volunteers who had experienced childhood sexual abuse.

Articles Published: Cole, K. L, Sarlund-Heinrich, P., Brown, L.S. (2007). Developing and assessing effectiveness of a time-limited therapy group for incarcerated women survivors of childhood sexual abuse. *Journal of Trauma and Dissociation*.

Presentations: “Employing Feminist Empowerment Group Therapy in a Disempowering Environment.” Symposium Presentation at Association for Women in Psychology. April 2006.

“Domestic Violence in Northern Idaho.” Poster presentation at Rocky Mountain Psychological Association, Reno, Nevada. April 2001.

Professional Memberships: Society for the Psychology of Women, Division 35 of the American Psychological Association
Trauma Psychology, Division 56 of the American Psychological Association
The International Society of the Study of Trauma and Dissociation (ISSTD)
Eye Movement Desensitization Reprocessing International Association (EMDRIA)
Washington Coalition of Sexual Assault Programs

Professional Work Experience:

2007 – Present **Briar Rose Center: The Home of Hope & Healing, PLLC** Spokane Valley, Washington; Burien, Washington
Licensed Clinical Psychologist; Certified EMDR Therapist President & CEO
Provide therapy on individual/group basis that includes: trauma (sexual, physical, emotional/psychological abuse); anxiety disorders; Dissociative Identity Disorder; ADHD/ADD Domestic Violence; Mood Disorders; Pain Management; Phobias; Women’s Issues; Addictions; Bereavement;

Multi-Cultural Issues; Parenting; PTSD; Sexual Orientation; Transgender Work Issues; Developmental Disorders; Eating Disorders; OCD; Personality Disorders; Stress Management; Assessments; Conduct skills building classes; Psychological Evaluations. Consultation.

2012 – Present

State of Washington, Department of Social and Health Services/Aging and Disability Services Administration (DSHS/ADSA), Eastern Washington

Contracted Licensed Clinical Psychologist

Mental health services for participants transitioning from institutional to community settings, such as someone experiencing mild depression or anxiety related to their transition. Provide therapeutic techniques to assist an individual in the amelioration or adjustment of mental, emotional or behavioral problems or issues.

Provide all services to clients of ADSA emphasizing positive behavior support. Assess and evaluate individuals for treatment; Design a therapeutic treatment plan that includes time-limited goals and objectives based on assessment data; Provide direct individual treatment to a Client in accordance with the therapeutic plan; Provide training and instruction to Clients or significant others; and/or provide consultation and instruction in the use of adaptive equipment.

2012 – 2012

Western State Hospital, Lakewood, Washington

Psychologist 4

This psychologist position was responsible for providing services to clients on an assigned ward in the Psychiatric Treatment and Recovery Center at WSH. Provide civil commitment court work. Responsible for providing direct psychological services to patients on the ward, including assessments, psychotherapy, active treatment management, clinical incident debriefings, and court work connected with the civil commitment of patients admitted to the ward. Participate in multidisciplinary treatment conferences. Completing Less Restrictive Alternative/Conditional Release petitions. Assessing clients for their forensic evaluation (6358 evaluation) need, and Construct/implement individualized treatment and behavioral plans. Participating in ward and discipline meetings as needed. Other duties as assigned.

2011 – 2013

Allied Assessments, Inc. Spokane Valley, Washington

Contracted Licensed Clinical Psychologist

Performed over 200 SSI Evaluations

2009 – 2011

QTC Management Inc., Spokane Washington

Contracted Licensed Clinical Psychologist

Performed over 700 psychological veteran evaluations in a timely, efficient manner.

2008 – 2010

Pine Lodge Correction Center for Women, Medical Lake, Washington
Psychologist 4/Supervisor

Responsibilities include Supervise Mental Health Staff. Supervisory duties include: Interview and recommend selection of new employees in the Mental Health Dept.; Direct and oversee the completion of their job duties; Complete employee performance evaluations according to Washington State Department of Personnel Policies; Facilitate regular staff meetings and in-service training of Mental Health staff. Represent the Mental Health Department staff in identified inter-unit and/or inter-agency meetings/conferences. Participate with Medical Records staff in actions necessary to approve/disapprove release of medical records (i.e., Mental Health reports) requested by offenders. Supervise the availability and use of professional material, resources, direct and maintain records of service deliveries and supervise modifications of service capabilities in conjunction with staff resources. Develop procedures to facilitate the smooth functioning of the Mental Health Department, and facilitate cooperation and teamwork between Mental Health and the remainder of PLCCW and DOC. Provide mental health treatment which includes group and individual psychotherapy/psychoeducation to offenders. Provide mental health coverage to offenders in psychological/psychiatric or behavior crisis to include clinical and resource assessment and any necessary recommendation for disposition; Monitor offenders on special watch providing required interventions or supervise Mental Health staff providing services to offenders on watch status. Provide or direct Mental Health coverage requested by program managers responding to an emergent situation within the facility. Provide or supervise Mental Health on call duties outside of normal operating hours. Provide formal assessments through clinical interviews (including mental status examinations), psychological tests and techniques, and review relevant records. Each assessment is formally documented and distributed as appropriate to the case. Provide or direct training of PLCCW staff in suicide prevention and appropriate staff response to offenders in crisis or engaging in dangerous behaviors; provide or supervise training for students/interns in health profession at PLCCW. Participate in regular drills; subject to emergency assignments to help with security in the event an offender disturbance, civil disturbance or natural disaster. Assist with the Trauma /Emergency Medical Team (record or assist) as deemed necessary.

2007 – 2008

Washington Correction Center for Women, Gig Harbor, Washington
Inpatient Psychologist 3

Responsibilities include performing individualized intake assessments; provided treatment planning; conducting group and individual therapy; producing discharge summaries for patients in the Special Needs Unit (SNU); Conducting instrument based diagnostic assessments; Conducting Close Observation Area rounds daily and assessing for suicidality,

homicidality and grave disability; Conducting evaluations/assessments
Conducting Segregation rounds 3 times per week and respond to crisis in
Segregation as needed; Conducting SNU Acute rounds on a daily basis;
Ensuring that all documentation is completed in a timely manner related to
patients' care. Working collaboratively with co-workers; Participating in
SNU Acute Treatment Team Meetings twice weekly; Working in a
collegial and collaborative manner with outpatient mental health staff and
health care staff in order to ensure continuity of care. Working with
custody staff and classification staff to ensure safety and security.
On call Mental Health Care Provider (MHOD) through rotation.
Completed CORE training successfully.

2006 – 2007

Greater Lakes Mental Healthcare, Lakewood, Washington
Case Manager II

Responsibilities include providing individual case management and
psychotherapy to Aging Long-Term clients who are homebound.

2001 – Present

Coast Real Estate Services, Inc., Everett Washington
Community Manager

Manage two apartment complexes; responsible for the operations of
leasing, subcontracting jobs, payroll, hiring, coordinate scheduling,
deposits, and data entry.

1993 – 2001

Clift's Electrical Service, Inc., Grangeville, Idaho
Owner/Operator

Electrical Contractor: Commercial, Residential, Industrial and trouble-
shooting. Develop and responsible for electrical bids, bookkeeping, work
in the field as electrician wiring houses, and businesses and service calls.

Created the business from the ground up, self-supporting, and support two
full-time employees and a part-time bookkeeper. Completed a four-year
electrical apprentice program.

1991 – 1993

Filer Police Department, Filer, Idaho
Patrol Officer

Worked as a team member of the police department, had a good working
relationship with the public professionally and personally.

Promoted to Corporal after one year of service. Gained the respect of the
community by being conscientious in all areas of the job.

References:

Personal and Professional References can be provided upon request.