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Summary of Qualifications

- * Masters in Counseling Psychology combined with real world application of successful psychological practices
- * Effectively facilitated hundreds of counseling, coaching and training sessions, helping people empower themselves and successfully achieve their goals
- * Passionate about teaching and fostering the ongoing development of individuals and groups
- * Detail-oriented with the ability to effectively multi-task and manage multiple cases/clients/resources
- * Capable of absorbing, incorporating, and teaching new concepts and techniques quickly and effectively

Relevant Skills & Experience

Private Therapy Practice, October 2021 - Present

- Provided therapy sessions for individual, couple and family clients as a Marriage and Family therapist, first as pre-licensed, supervised professional and then as licensed Marriage and Family Therapist as of January 2023
- Supported these clients with issues of depression, anxiety, trauma, relational challenges and sexual dysfunction

Teran James Young Foundation, Director of Programs and Training, Jul 2019 – Present

- Responsible for the Hale Pono Youth Shelter: managing all staff, developing and implementing training and programs for staff and youth, performing case management for youth and families
- Developed, promoted and facilitated group mentoring program for teens
- Taught Nonviolent Communication, Restorative Justice, Mediation, and Trauma Informed care to groups, individuals and organizations

Maui Youth and Family Services, Intensive Independent Living Skills Therapist, Nov 2019-Present

- Built therapeutic alliances with teens to prepare them for transition to adult living
- Attended treatment team meetings
- Maintained documentation on case status and communicated with stakeholders

Self Employed, Consultant/Trainer, Aug 2007 – Jul 2019

- Trained, counseled and coached hundreds of people in goal setting and achievement, communications skills, conflict resolution skills, crisis management and overall life skills
- Taught compassionate parenting techniques through group classes and individual sessions
- Taught Non-Violent communication to students at Kalama Middle school
- Performed child custody mediation for Maui family court system
- Co-lead for Boys to Men Mentoring of Hawaii, Maui chapter

Parents and Children Together (PACT) – Group Facilitator, Feb 2012 (Part Time) – Mar 2013

- Facilitated Anger Management and Domestic Violence Intervention groups
- Provided education and coaching on effective relationships, controlling anger and overall life skills.

Maui Family Support Services – Father Involvement Team Coordinator (Part Time), Sep 2011 – Apr 2012

- Coached, counseled & educated fathers individually in both life skills and effective parenting techniques
- Provided referrals to external agencies and programs as appropriate
- Facilitated groups for fathers using evidence based curriculum (e.g. Nurturing Parenting, LifeSkills curricula)
- Facilitated substance abuse prevention for teens and pre-teens using LifeSkills curriculum
- a training department for this government contracting company of 800 employees
- Developed, delivered and managed a wide variety of training programs, quality of work life initiatives, employee communications and employee recognition programs
- Coached individual employees in effective communications and relational skills

David A. Litman

Licensure

Licensed Marriage and Family Therapist in the state of Hawaii, license number: MFT-818

Education

MA, Depth Counseling Psychology; Pacifica Graduate Institute, Carpinteria, CA; December 2001; GPA 3.85

BBA, Operations Management; University of Massachusetts, Amherst, MA; May 1990; GPA 3.47

Certifications/Affiliations

“Mediation Certification training”, Community Mediation Group of Santa Barbara

Member of American Society for Training and Development

Certified trainer of the *INTERACT* Performance System

“Train the Trainer” (Microsoft Certified Trainer course in training methodology)

Fundamentals of Human Resource Management (Society of Human Resource Management certification)

Facilitator with The Mankind Project (men’s personal development and group facilitation)