

### Curriculum Vitae

Christina Veselak has been a licensed Marriage and Family therapist since 1985. She has a private practice as a psychotherapist, EAP provider and mental health nutritionist in Denver, CO; is director of **Relapse Prevention Services**, a nutritionally informed program for chronic addiction relapse; and is a founding member and Executive Director of **The Alliance for Addiction Solutions**. As the principal trainer for **The Alliance**, she speaks and teaches nationally on nutritional approaches to mental health and addiction treatment. She also runs and teaches a year-long certification program for **The Alliance** in *Biochemical and Nutritional Approaches to Mental Health and Addiction Recovery*.

#### **EDUCATION**

##### SENSORIMOTOR INSTITUTE, Thornton, CO

- Certified Sensorimotor Psychotherapist, Level , 2013

##### COLORADO SCHOOL OF COUNSELING AND HYPNOTHERAPY, Longmont, CO

- Certified Medical/Dental Hypnotherapist, 2001

##### NATIONAL INSTITUTE FOR NUTRITIONAL EDUCATION, Aurora, CO

- Certified Nutritionist, (CN) 1994

##### SAN FRANCISCO STATE UNIVERSITY, San Francisco, CA

- Master of Science (MS) degree in Counseling Psychology, 1983

##### WESTMONT COLLEGE, Santa Barbara, CA

- Bachelor of Arts (BA) degree in Philosophy, 1978

#### **Additional Training (partial list)**

- Nutritional Approaches to Mental Health, Emotional Well-being and Addiction Recovery
- Psychological Treatment of Chronic Pain and Chronic Illness
- Chemical Dependency Assessment and Treatment
- Relapse Prevention
- Co-Dependency and ACA (adult child of alcoholic) Treatment (group and individual)
- EMDR, Level One Certification, and further EMDR training
- Psycho-neuro-immunology
- Various aspects of Functional/Complementary/Integrative Medicine
- Working with Borderline and other personality disorders
- Trauma Treatment, including childhood sexual abuse

- Sex Addiction
- Grief Counseling, Death and Dying Issues
- Domestic Violence Treatment, Victim Issues and Victim Treatment
- Ego State therapy, Inner Child Work, Guided Imagery and Visualization

## LICENSES

- Colorado license as a Marriage and Family Therapist, 1998-present
- Private License as a Certified Nutritionist, 1994-present
- Alaska license as a Marriage and Family Therapist, 1996
- California license as a Marriage and Family Therapist, 1985

## AREAS OF SPECIALIZATION

- Addiction and Co-dependency Treatment, and Relapse Prevention
- Nutrition and Mental Health/Addiction Recovery (natural, biochemical approaches to recovery)
- Pain Management and Chronic Illness
- Counseling within a Faith Context, Religious Addiction and Spiritual Abuse
- Women's Issues, including trauma, and victim issues

## PROFESSIONAL EXPERIENCE

### Alliance for Addiction Solutions

**2008-present**

Executive Director, Founding Member, National Trainer

### Raleigh House of Hope (Denver, CO)

**2011-present**

Nutritional and Treatment Consultant

- Developed Opiate Detox Regimen using nutritional supplements
- Developed and Implemented Curriculum for 30 day residential treatment program for young adult opiate addicts
- Provided nutritional assessments and recommendations for clients
- Provides ongoing staff development and training

**Relapse Prevention Services (Denver, CO)**

**2006-present**

Director

- Nutritional and Biochemical Assessment and Recommendations for addiction and mental health clients
- Chemical Dependency Level of Treatment Assessments
- Relapse Prevention counseling

**Psychotherapist, Private Practice (Denver, Aurora, Kodiak, Berkeley)**

**1987-present**

- Individual, Couples & Group Therapy of adults and adolescents
- EAP clinician with Magellan, Anthem, Value Options & Quantum (2004-present)
- Instructor at the Denver School of Hypnotherapy (2006-2009)
- Development and Presentation of seminars, retreats & staff trainings
- Training and Supervision of interns
- Instructor at Kodiak Community College (1997)

**Nutritional Consultant**

**1994-present**

- Provides Nutritional and Health Assessments of adolescents and adults, including lab tests
- Provides Nutritional Recommendations, physician referral as needed and follow-up
- Clients include people with chronic illnesses, chronic pain, and mental health disorders.

**Cogley Counseling Associates (Aurora, CO)**

**1998-2007**

Domestic Violence Counselor (State Approved)

- Facilitated Female Offender Program and provided counseling to female victims

**National Institute of Nutrition Education (Aurora, CO)**

**2000-2002**

Assistant to Dean

- Evaluated student practicums, and provided student support
- Wrote Continuing Education courses

**Great Health Nutrition (Parker, CO)**

**1999-2001**

In-House Nutritionist, Assistant Manager

- Nutritional Counseling, Customer Service, Ordering and Stocking Decisions, etc.

**Safe Harbor Chemical Dependency Program (Kodiak, AK)**

**1996-1998**

Outpatient Counselor/In-House Nutritionist

- Assessment and referral to appropriate levels of treatment
- DUI classes
- Classes on Nutrition and Early Recovery for residential clients
- Nutritional Assessments of residential clients

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**St. Rose Hospital, Life-Masters Chemical Dependency Unit (Hayward, CA)**

**1986-1988**

Director of Family Services (until the program closed)

- Provided counseling and education to spouses and children of patients
- Developed and implemented treatment and aftercare programs for families

**Serenity, Inc. (Redwood City, CA)**

**1984-1986**

(A residential treatment program for adolescent, chemically dependent boys)

Unit Director

- Evaluation of potential residents
- Interviewed, hired, supervised, scheduled and motivated staff members
- Directed one unit of 14 adolescent boys

Floor Staff

- Provided individual, group and family therapy to residents and family members
- Supervised boys in daily activities
- Promoted to above position within nine months

**PROFESSIONAL REFERENCES**

Dr. Mary Braud, MD, 303/5204342, 2755 S. Locust, #114, Denver, CO 80222,  
[mbraud@earthlink.net](mailto:mbraud@earthlink.net)

Mr. Stan Stokes, Owner, Bridging the Gaps Treatment Program, 423 W. Cork Street,  
Winchester, VA 22601 866-711-1234. [www.bridgingthegaps.com](http://www.bridgingthegaps.com)