

Cheryl Breault
703 Walnut Street
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303.718.9189

www.cherylbreault.com

cheryl@cherylbreault.com

Psychotherapist, *Wardenburg Health Center, University of Colorado*
Boulder, CO September 2009 – to Present

- Coached graduate students in Engineering, Science, Humanities and Business to successful completion of their academic and personal development goals
- Pioneered and presently running a 12-week group course in consciousness and self-mastery
- Provided individual, group and couples counseling at a campus health clinic that serves 400-500 students per week
- Assessed client needs and created individualized plans of action for moving each client forward
- Orchestrated community services to provide appropriate care for clients in crisis
- Helped coordinate a merger between the two health clinics on campus (in process)
- Supervised graduate interns

Adjunct Faculty, *Naropa University*
Boulder, CO January 2009 –May 2010

- Taught Psychopathology in the graduate Transpersonal Counseling department at Naropa University
- Gave an advanced overview of clinical perspective and comprehension related to assessment, diagnosis, and treatment planning tasks required of a psychological professional working with clients
- Lectured on various theories of psychological assessment and diagnosis and the rationales for using these models to inform treatment

Psychotherapist, *Private Practice*
Boulder, CO August 2005 – Present

- Offered individual, group and couples psychotherapy and coaching to adults, young adults and teenagers
- Implemented workshops emphasizing meditation, mindfulness and other stress reduction skills in service of cultivating self-awareness, compassion and self-acceptance

Psychotherapist, *Mental Health Center of Boulder County*
Boulder, CO April 2002 – September 2009

- Provided individual, and group therapy, assessed, diagnosed and triaged incoming clients, supervised interns

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Speaking, Workshops and Group Facilitation

For over 15 years facilitated workshops and groups in a variety of settings

- Taught mindfulness, meditation, energy medicine, psychology, diagnosis techniques, authentic communication, stress-reduction, and life skills at the following institutions: Regis College; Wardenburg Health Center; Naropa University; Colorado Group Psychotherapy Society; Eden Energy Medicine Certification Program; Psychological Health and Psychiatry; University of New Hampshire; University of Colorado.
- Pioneered and presently running a 12-week group course in consciousness and self-mastery offered in both private and public sectors
- Created and led several psycho-educational groups on addiction

Diversity and Inclusion

- For the past 13+ years, led various diversity trainings for working psychologists, and ran diversity programs and seminars for clinics and mental health centers, including facilitating in Spanish
- Strategic Advisor, Emerging Women
- Fluent in Spanish, extensive travel in South America

Certifications

- Licensed Professional Counselor, 2003
- Certified Addiction Counselor Level III, 2005
- Certified Eden Energy Medicine Practitioner, 2012

Education

Naropa University, Boulder, Colorado – MA, Transpersonal Counseling Psychology, 2001
University of New Hampshire, Durham, New Hampshire – BA, Theatre, 1993