

Amanda R. Mitten, MA, LPC
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EDUCATION

M.A. Counseling Psychology, University of Central Oklahoma Edmond, OK.
B.A. Psychology, University of Oklahoma Norman, OK.

PROFESSIONAL LICENSURE

Licensed Professional Counselor – Oklahoma #6019

SPECIALIZED CLINICAL TRAINING

Parent – Child Interaction Therapy, 2013
Trauma – Focused Cognitive Behavioral Therapy, 2014
Cognitive – Behavioral Treatment for Children with Sexual Behavior Problems, 2014

PROFESSIONAL EXPERIENCE

Pediatric Development Counselor (March 2018 – current; Oklahoma City, OK). Child Development Specialist (July 2016 – March 2018; Oklahoma City, OK), Licensed Professional Counselor for the University of Oklahoma Health Sciences Center – Center on Child Abuse and Neglect/Child Study Center (2016 – current)

- Trained in three evidence based treatments, Trauma – Focused Cognitive – Behavioral Therapy (TF-CBT), Problematic Sexual Behavior – Cognitive Behavioral Therapy (PSB-CBT), and Parent – Child Interaction Therapy (PCIT). Within these three methods, I conduct individual, family, and group counseling services.
- Providing counseling services for children ages 3 to 12 years old who are presenting with problematic sexual behaviors through an evidence based treatment modality called problematic sexual behavior – cognitive behavioral therapy.
- Providing counseling services for children, adolescents, and their families who experienced a traumatic event and are subsequently experiencing posttraumatic stress symptoms. Utilized an evidence-based treatment model called Trauma – Focused Cognitive – Behavioral Therapy (TF-CBT)
- Counselor for children ages 2 to 7 years old who present with oppositional defiant disorder, disruptive behavior disorders, trauma-related disorders, and attention-deficit disorders.
- Nationally certified in TF-CBT. TF-CBT is an evidence based counseling model for children with exposure to a traumatic event. These counseling services aim to decrease distress related to trauma and utilize a cognitive-behavioral counseling approach.
- Supervise practicum students in their implementation of TF-CBT. Complete trauma-focused intakes that serve to diagnose and provide recommendations to families regarding counseling treatment needs.

- Consultant and trainer in PSB-CBT for teams across the nation. Provide Foster Care College support, and assisted in the development of a within agency training model for the PSB-CBT treatment program.
- Member of training and technical assistant team and served as trainer in Problematic Sexual Behavior-Cognitive Behavioral Therapy. As a member of the training team, I provide training and consultation for therapists across the United States in an evidence-based treatment model for treating children with problematic sexual behavior.
- Member of Child Trauma Services Program where I serve as the Program Coordinator, including manage referrals, triage families to an appropriate clinic, and schedule all trauma-focused intakes. Utilize evidence based treatment for families needing trauma services. Coordinate our group treatment program for TF-CBT.
- Program Coordinator for TF-CBT group treatment program where I have also served as a group leader, senior clinician, and clinical supervisor to training practicum students. Practicum students are those students being trained in completing evidence-based counseling services supervised by myself. Often participated in co-counseling with these student providers in an effort to provide feedback and support for their own personal development of counseling skills. Oversee and hire support staff members in programmatic duties and development through Child Trauma Services Program.
- Oversee and provide assistance in interview process for practicum students. Serve as clinical supervisor for practicum students completing therapy in PSB-CBT and TF-CBT models.

Staff Assistant, Counselor for University of Oklahoma Health Sciences Center – Center on Child Abuse and Neglect/Child Study Center (2014 – 2016; Oklahoma City, OK)

- Member of training and technical assistant team and served as trainer in Problematic Sexual Behavior-Cognitive Behavioral Therapy. As a member of the training team, I provide training and consultation for therapists across the United States in an evidence-based treatment model for treating children with problematic sexual behavior.
- Provided counseling services for children ages 3 to 12 years old who are presenting with problematic sexual behaviors through an evidence based treatment modality called problematic sexual behavior – cognitive behavioral therapy.
- Provided counseling services for children, adolescents, and their families who experienced a traumatic event and are subsequently experiencing posttraumatic stress symptoms. Utilized an evidence-based treatment model called Trauma – Focused Cognitive – Behavioral Therapy (TF-CBT)
- Counselor for children ages 2 to 7 years old who present with oppositional defiant disorder, disruptive behavior disorders, trauma-related disorders, and attention-deficit disorders.
- Conducted assessments with children with prenatal substance exposure. These assessments include cognitive, speech, developmental, and behavioral.
- Provide support to national trainers in TF-CBT during their intro to TF-CBT training collaboratives. Assist in role plays and interactive activities (Feb 2017, Oct 2016, July 2016, June 2016).

Practicum Student, Master’s level counseling intern for University of Oklahoma Health Sciences Center-Child Study Center (2013-2014; Oklahoma City, OK) – behavioral and mental health clinic that

treats children and adolescents for a variety of medical, mental, and behavioral health necessities.

- Assessment Practicum with the A Better Chance (ABC) Clinic for children ages 3 months to 7 years who have confirmed or expected exposure to drugs and/or alcohol prenatally. Completed behavioral, cognitive, and developmental assessments to implement social, academic, and behavior management plans.
- Completed training in empirically validated, specialized behavior management treatment program—Parent-Child Interaction Therapy. Through training in this therapy modality was able to be a counselor for children ages 2 to 7 years old who present with oppositional defiant disorder, disruptive behavior disorders, trauma-related disorders, and attention-deficit disorders.
- Additional training in Trauma Focused-Cognitive Behavior Therapy.

Assistant Clinic Administrator, Kids 1st Pediatric After Hours Clinic (2012-2013; Oklahoma City, OK) – after hours urgent care facility with the purpose of treating pediatric patients after regular offices have closed. Goal is to treat sick patients and communicate with regular pediatricians to increase communication.

- Professional interaction with medical staff, co-workers and patients, accurate record keeping, HIPAA enforcement, proper check-in and checkout of patients, proper input of patient information into database, and review of patient records
- Billing responsibilities included proper insurance maintenance for patients, communicating with insurance companies, filing proper original and corrected claims as necessary, and inputting insurance and personal patient payments
- Training leader for all office staff

OTHER RELEVANT EXPERIENCE

Guest speaker (February 2017) – University of Central Oklahoma graduate class

- Presented to graduate level class regarding my post-graduate work. This featured question and answer opportunities for graduate students to inquire about job opportunities, experiences in mental health, and other related topics.

Co-Facilitator (March 2015 – May 2015; September 2014 – November 2014) – Smart and Healthy Adolescent Relationship Education.

- Psychoeducation group for children with Autism Spectrum Disorder. This group included discussion of healthy relationships, coping skill development, social skill development and implementation.

Research Assistant (August 2010 – May 2011) – participated in a developmental psychology lab headed by OU Faculty. Duties included data entry as well as conducting a literature review.

- Exposed to experimental research, entered data into spreadsheets from experimental research conducted in the past, practiced confidentiality regarding research.

PRESENTATIONS

Mitten, A. R., Risch, E. C. (June 2019). *Implementing Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) for Preschool and School-age Children with Problematic Sexual Behavior Related to Trauma, Part 1 and 2.* 26th APSAC Colloquium, Salt Lake City, UT.

Risch, E. C., **Mitten, A. R.,** Schmidt, S. R. (June 2019). *Beyond Self-Care: Managing secondary traumatic stress through a skills-based model.* 26th APSAC Colloquium, Salt Lake City, UT.

Risch, E. C., Van Tassell, R., **Mitten, A. R.,** Schmidt, S. R. (May 2019). *Is Compassion Fatiguing? Reducing Secondary Trauma – The CE-CERT Model.* Haruv USA, Tulsa, OK.

Mitten, A. R. (May 2019). *Enhancing the Multidisciplinary Response to Children with Problematic Sexual Behavior.* Haruv USA, Tulsa, OK.

Risch, E. C., **Mitten, A. R.,** Schmidt, S. R. (May 2019). *CE-CERT: Components for Enhancing Clinician Engagement and Reducing Trauma – Conscious Narrative.* ODMHSAS Children's Behavioral Health Conference, Norman, OK.

Mitten, A. R., Risch, E. C. (May 2019). *TF-CBT with Children with Problematic Sexual Behaviors, Part 1, 2, and 3.* 2019 Advanced TF-CBT Conference, Oklahoma City, OK.

Risch, E. C., **Mitten, A. R.** (May 2019). *Working with Caregivers through Trauma Narration and Processing.* 2019 Advanced TF-CBT Conference, Oklahoma City, OK.

Schmidt, S. R., Risch, E. C., **Mitten, A. R.** (April 2019). *Beyond Self-Care: Managing secondary traumatic stress through a skills-based model.* Annual Child Abuse and Neglect Conference, Oklahoma City, OK.

Schmidt, S. R., Risch, E. C., **Mitten, A. R.** (April 2019). *CE-CERT: Components for Enhancing Clinician Engagement and Reducing Trauma – Conscious Narrative.* Annual Child Abuse and Neglect Conference, Oklahoma City, OK.

Mitten, A. R. (February 2019). *Understanding Children's Trauma-Focused Mental Health Treatment: What to request, what to expect, and how to know when it's working.* Oklahoma District Attorney's Council Winter Symposium, Oklahoma City, OK.

Weixel, D., **Mitten, A. R.** (January 2019). *Engaging Families in Mental Health Services: A discussion on engagement in the child advocacy setting.* National Center on Sexual Behavior of Youth hosted webinar, Oklahoma City, OK.

Mitten, A. R., Sigel, B. A., Silovsky, J. F. (December 2018). *Supporting TF-CBT Therapists in Addressing Trauma-related Problematic Sexual Behavior.* National Children's Alliance hosted webinar, Oklahoma City, OK.

Weixel, D., **Mitten, A. R.** (October 2018). *Problematic Sexual Behavior: The Interface between Child Advocacy and Treatment.* National Center on Sexual Behavior of Youth hosted webinar, Oklahoma City, OK.

Risch, E. C., **Mitten, A. R.** (August 2018). *Advanced TF-CBT – Early Childhood Initiative*. Oklahoma Department of Mental Health and Substance Abuse Services hosted training, Tulsa, OK.

Risch, E. C., **Mitten, A. R.** (July 2018). *Advanced TF-CBT – Early Childhood Initiative*. Oklahoma Department of Mental Health and Substance Abuse Services hosted training, Oklahoma City, OK.

Sigel, B. A., & **Mitten, A. R.** (June 2018). *Advanced Training in Implementing TF-CBT for Preschool and School Age Children with Problematic Sexual Behavior Related to Trauma*. National Symposium on Sexual Behavior of Youth, Oklahoma City, OK.

Mitten, A. R. (May 2018). *Eeny, meeny, miny, moe...Where to start when traumatized youth have multiple treatment needs*. 2018 Advanced TF-CBT Conference, Oklahoma City, OK.

Risch, E. C., **Mitten, A. R.**, Bernstein, M. D. (May 2018). *Level 3 Cognitive Processing*. 2018 Advanced TF-CBT Conference, Oklahoma City, OK.

Mitten, A. R., Taylor, E. K. (May 2018). *You've got this! Addressing youth problematic sexual behaviors in the TF-CBT model*. 2018 Advanced TF-CBT Conference, Oklahoma City, OK.

Risch, E. C., **Mitten, A. R.**, Bernstein, M. D. (May 2018). *Level 3 Trauma Narrative*. 2018 Advanced TF-CBT Conference, Oklahoma City, OK.

Mitten, A. R., Widdifield, Jr., J. (May 2018). *Problematic Sexual Behavior in Children: Current Findings and Implications for Practice*. 2018 Children's Behavioral Health Conference, Norman, OK.

Mitten, A. R., Silovsky, J. F., Sigel, B. A., (April 2018). *Placement Decisions, Safety Planning, and Sibling Reunification in Cases of Children with Problematic Sexual Behavior*. The CARES Institute 12th Annual Best Practice Symposium, New Brunswick, NJ.

Silovsky, J. F., Sigel, B. A., **Mitten, A. R.** (April 2018). *Sexual Development in Children – What is Typical, Concerning, or Problematic? And Dispelling the Myths of Children with PSB*. The CARES Institute 12th Annual Best Practice Symposium, New Brunswick, NJ.

Sigel, B. A., **Mitten, A. R.**, Silovsky, J. F. (April 2018). *Implementing Trauma-Focused Cognitive Behavioral Therapy for Preschool and School-age Children with Problematic Sexual Behavior Related to Trauma*. The CARES Institute 12th Annual Best Practice Symposium, New Brunswick, NJ.

Risch, E. C., **Mitten, A. R.** (April 2018). *CE-CERT: Components for Enhancing Clinician Engagement and Reducing Trauma – Conscious Narrative*. Oklahoma Department of Mental Health and Substance Abuse Services hosted training, Tulsa, OK.

Mitten, A. R. (April 2018). *More than Playing Doctor: An Overview of Children with Problematic Sexual Behavior*. Child Abuse Awareness Training, Atoka, OK.

Mitten, A. R., Millington, S. E. (April 2018). *Clinical Decision Making in Cases of Children with Problematic Sexual Behavior*. NEARI Press hosted webinar, Oklahoma City, OK.

Mitten, A. R., Sigel, B. A., & Silovsky, J. F. (February, 2018). *Clinical Decision Making for Preschool and School-Age Children with Problematic Sexual Behaviors and Traumatic Stress Symptoms*. 32nd Annual San Diego International Conference on Child and Family Maltreatment, San Diego, CA.

Mitten, A. R., Schmidt, S. R. (December 2017). *CE-CERT: Components for Enhancing Clinician Engagement and Reducing Trauma – Conscious Narrative*. Oklahoma Department of Mental Health and Substance Abuse Services hosted webinar, Oklahoma City, OK.

Mitten, A. R. (November 2017). *Supporting Families with Children and Adolescents with Problematic Sexual Behavior*. Logan County Oklahoma Department of Human Services, Guthrie, OK.

Mitten, A. R. (November 2017). *Behavior Management Throughout TF-CBT*. Oklahoma Department of Mental Health and Substance Abuse Services hosted webinar, Oklahoma City, OK.

Mitten, A. R. (October 2017). *Children with Problematic Sexual Behaviors*. GET FIT Conference, Norman, OK.

Bard, M. E., Millington, S. E., & **Mitten, A. R.** (October 2017). *Placement Decisions, Safety Planning, and Sibling Reunification in Cases of Children with Problematic Sexual Behavior*. ATSA Conference 2017 36th Annual Research & Treatment Conference, Kansas City, MO.

Sigel, B. A., & **Mitten, A.R.** (October 2017). *Clinical Decision Making for Preschool and School-Age Children with Problematic Sexual Behaviors and Traumatic Stress Symptoms*. ATSA Conference 2017 36th Annual Research & Treatment Conference, Kansas City, MO.

Mitten, A. R. (September 2017). *TF-CBT and Problematic Sexual Behavior, Pt 2*. Oklahoma Department of Mental Health and Substance Abuse Services hosted webinar, Oklahoma City, OK.

Mitten, A. R., Sigel, B.A., & Silovsky, J. F. (August 2017). *Birds do it, Bees do it...even the TF-CBTers do it: Addressing sexual behavior in trauma treatment*. National Children's Alliance hosted webinar, Oklahoma City, OK.

Mitten, A. R. (July 2017). *Children with Problematic Sexual Behaviors*. Mary Abbott House, Norman, OK.

Millington, S. E. & **Mitten, A. R.** (May, 2017). *Overview of Problematic Sexual Behavior in Youth*. Kansas Governor and Attorney General 20th Annual Crime Victims' Rights Conference, Wichita, KS.

Mitten, A. R. & Millington, S. E. (May, 2017). *Evidence-Based Treatment for Children with Problematic Sexual Behavior*. Kansas Governor and Attorney General 20th Annual Crime Victims' Rights Conference, Wichita, KS.

Schmidt, S. R. & **Mitten, A. R.** (May, 2017). *Trauma Narrative and Cognitive Processing, Level 3*. OUHSC Advanced TF-CBT Conference, Oklahoma City, OK.

Mitten, A. R. & Millington, S. E. (May, 2017). *Birds do it, Bees do it...even the TF-CBT's do it: Addressing Sex and Sexuality in Trauma Treatment*. OUHSC Advanced TF-CBT Conference. Oklahoma City, OK.

Risch, E. C. & **Mitten, A. R.** (May, 2017). *"I don't remember that from training..." – Answers to Frequently Asked Questions about TF-CBT*. OUHSC Advanced TF-CBT Conference. Oklahoma City, OK.

Shahid, S. & **Mitten, A. R.** (May, 2017). *Taking Care of Yourself While Caring for Others*. OUHSC Advanced TF-CBT Conference. Oklahoma City, OK.

Bernstein, M. D. & **Mitten, A. R.** (March, 2017). *Understanding the Effects of Maltreatment on Brain Development*. Oklahoma Department of Mental Health and Substance Abuse Services hosted webinar. Oklahoma City, OK.

Mitten, A. R. (February, 2017). *Implementation of TF-CBT with Children with Problematic Sexual Behavior*. Oklahoma Department of Mental Health and Substance Abuse Services hosted webinar. Oklahoma City, OK.

Mitten, A. R. & Millington, S. E. (December, 2016). *Sexual Development and Problematic Sexual Behavior in Children*. Center for Early Childhood Professional Development. Moore, OK.

Mitten, A. R. (August, 2016). *Sexual Development and Problematic Sexual Behavior in Children*. Seminar for Court Appointed Special Advocates. Oklahoma City, OK.

Mitten, A. R. (July, 2016). *For Non-Mental Health Professionals: Understanding Children's Trauma-Focused Mental Health Treatment 101*. Seminar for Court Appointed Special Advocates. Oklahoma City, OK.

Gomez, M. & **Mitten, A. R.** (May, 2016). *Trauma Narrative and Cognitive Processing, Level 1*. OUHSC Advanced TF-CBT Conference. Norman, OK.

Shahid, S. & **Mitten, A. R.** (May, 2016). *Right-Brain TF-CBT: Using Creativity to Personalize PRACTICE for Youth and Families*. OUHSC Advanced TF-CBT Conference. Norman, OK.

Shahid, S. & **Mitten, A. R.** (May, 2016). *Trauma Stewardship: Caring for Yourself while Caring for Others*. OUHSC Advanced TF-CBT Conference. Norman, OK.

Gomez, M. & **Mitten, A. R.** (May, 2015). *Trauma Narrative and Cognitive Processing, Level 1*. OUHSC Advanced TF-CBT Conference. Norman, OK.

Mitten, A. R. & Millington, S. E (December, 2011). *Ethics in Counseling and Therapy*. North American Association of Masters in Psychology Conference. Edmond, OK.

AWARDS, ACHIEVEMENTS, & VOLUNTEER EXPERIENCE

NAMP Conference, (volunteer assistant during the Fall 2012 conference) – This is a conference for the Northamerican Association of Masters in Psychology. At this conference, assisted the NAMP presenters and the conference leaders in passing out conference pamphlets, presentation materials, roll sheets. In addition, documented the event to ensure appropriate bookkeeping.

Habitat for Humanity, (2007-2011) – participated in events that included building homes and raising money for those in need. As a part of a campus wide event known as Shack-A-Thon, built a shelter to sleep in overnight while raising money.

President's and Dean's Honor Roll – University of Central Oklahoma (2011, 2012, 2013 academic years)

Dean's Honor Roll – University of Oklahoma (2010 academic year)

Dean's Student Advisory Committee (2010 academic year)

Phi Sigma Pi, (Established Alumni) – served as Rush Advisor (2009 academic year) & Vice President (2010 academic year)

CONFERENCE ATTENDANCE

APSAC Conference – 26th Annual APSAC Colloquium – June 2019

Haruv USA – May 2019

ODMHSAS Children's Behavioral Health Conference – May 2019

OUHSC Advanced TF-CBT Conference – May 2019

OUHSC CCAN Annual Conference – April 2019

APSAC Conference – 25th Annual APSAC Colloquium – June 2018

OUHSC Advanced TF-CBT Conference – May 2018

Children's Behavioral Health Conference – May 2018

OUHSC CCAN Annual Conference – April 2018

ATSA Conference – 36th Annual Research and Treatment Conference – August 2017

Children's Behavioral Health Conference – May 2017

OUHSC Advanced TF-CBT Conference – May 2017

OUHSC CCAN Annual Conference – April 2017

San Diego International Conference on Child and Family Maltreatment – January 2016, January 2017, January 2018

Children's Behavioral Health Conference – May 2016

PCIT International Conference – August 2015

OUHSC CCAN Annual Conference - August 2014, August 2015