

**Vermont Board of Allied Mental Health Practitioners
Licensed Clinical Mental Health Counselor**

Disclosure for:

MELISSA CULVER, LCMHC, LADC

Qualifications and Experience

(See attached pages)

Information concerning unprofessional conduct for this profession attached

CLIENT'S DISCLOSURE CONFIRMATION

My signature acknowledges that I have been given the professional qualifications and experience of **Melissa Culver**, a listing of actions that constitutes unprofessional conduct according to the Vermont Statutes, and method for making a consumer inquiry to filing a complaint with the Office of Professional Regulations.

Client Signature

Date

Practitioner's Signature

Date

Formal Education

Master of Arts; Counseling Psychology (67 credits) 9/02 – 5/05
Antioch New England Graduate School (now known as Antioch University New England)
Keene, New Hampshire

Bachelor of Arts; Human Services 9/89 - 5/93
Trinity College of Vermont
Burlington, Vermont

Credentials

- **Licensed Alcohol and Drug Abuse Counselor (LADC):** State of Vermont; VT Department of Health Division of Alcohol and Drug Abuse Programs; Effective: 1/27/09 - 1/31/13
- **Licensed Clinical Mental Health Counselor (LCMHC):** State of Vermont Board of Allied Mental Health Practitioners; Effective: 1/06/10 - 01/31/13
- **Life Force Yoga Practitioner – Level 1 (LFY-1):** Amy Weintraub, RYT 500 & Kripalu Center for Yoga & Health; Effective: July 2011

Professional Organization Memberships

- NAADAC – The National Association for Addiction Professionals
- Vermont Addictions Professional Association

Additional Training: Workshops & Seminars

ETHICS:

Professional Ethics: Emphasis on Co-occurring Disorders 12/6/11
Vermont Addictions' Professional Association & The VT Department of Health
Anthony Quintilliani, PhD, LADC
Montpelier, Vermont / 6 CEU's

Advanced Ethics 4/30/09
Vermont Addictions' Professional Association & The VT Department of Health
Tom Durham
Montpelier, Vermont / 6 CEU's

Basic Ethics 9/29/08
Vermont Addictions' Professional Association & The VT Department of Health
Anthony Quintilliani, PhD, LADC
Waterbury, Vermont / 6 CEU's

Assessing & Managing Suicidality: Ethical Issues & Standard of Care Strategies 6/1/06 -6/2/06
Brattleboro Retreat; Brattleboro, Vermont / 12 CEU's

An Exploration of How Our Personal Ethics Guide Our Interpretation of the Ethical Codes 6/6/03
Vermont Mental Health Counseling Association
Dianne Coffey, ED.D
Montpelier, Vermont / 3 CEU's

FAMILY THERAPY:

Skills for Engaging Families in Treatment for Alcohol and Other Drug issues 3/29/10
Vermont Addictions' Professional Association & The VT Department of Health
Jody Kamon, Ph.D.
Colchester, VT / 6 CEU's

Family Work & Addictions Vermont Addictions' Professional Association & The VT Department of Health Jody Kamon, Ph.D. Burlington, Vermont / 6 CEU's	5/26/09
Family Readiness and Support Services Training Vermont Air National Guard Angela Prive Burlington, Vermont One day training to provide volunteer phone support services to families with deployed relative(s)	6/29/04
<u>SUPERVISION:</u>	
Basic Clinical Supervision Vermont Addictions' Professional Association & The VT Department of Health Anthony Quintilliani, PhD, LADC Burlington, Vermont / 6 CEU's	11/21/08
<u>SUBSTANCE ABUSE & PREVENTION</u>	
Current Trends in Adolescent Substance Abuse NFI VT & Centerpoint Adolescent Treatment Services Michael Nerney Williston, VT 6 CEU's	5/26/11
Project CRASH – A review of the administrative and clinical procedures Vermont Department of Health; Division of Alcohol & Drug Abuse Richard Keane, Project CRASH Director & Judy LaCross, Project CRASH Administrator Burlington, VT / 3 CEU's	8/27/10
Addictions & Trauma Vermont Addictions' Professional Association & The VT Department of Health Scott Earisman, LADC, LCMHC Montpelier, VT / 6 CEU's	5/21/10
Adolescent Brain Development & Addictions Vermont Addictions' Professional Association & The VT Department of Health Jody Kamon, Ph.D. Colchester, VT / 6 CEU's	1/22/10
Addictions & Adolescents Vermont Addictions' Professional Association & The VT Department of Health Debby Haskins, LADC Montpelier, VT / 6 CEU's	11/9/09
Cocaine Dependency: Effective assessment & treatment methods Addiction Technology Transfer Center of New England; Center of Alcohol & Addiction Studies, Brown University Michael Torch, MA, LADC, CCS / 10 CEU's	6/16/08 – 7/25/08
Advanced Pharmacology – Staying current with drugs of abuse Addiction Technology Transfer Center of New England; Center of Alcohol & Addiction Studies, Brown University Kevin Scheel, MS, MAC, LMFT / 8 CEU's	6/2/08 – 7/4/08
The Vermont Strategic Prevention Framework Learning Community Training Series: Effective Implementation Center for Health & Learning & The VT Department of Health JoEllen Tarallo-Falk, Ed.D. Montpelier, Vermont / 6 CEU's	5/29/08

Co-Occurring 101: Mental Health and Substance Use Conditions Vermont Integrated Services Program Anthony Quintiliani, Ph.D., LADC Montpelier, Vermont / 10 CEU's	5/21/08 & 5/22/08
Core Functions of Addictions Counseling Addiction Technology Transfer Center of New England; Center of Alcohol & Addiction Studies, Brown University Kevin Scheel, MS, MAC, LMFT / 10 CEU's	5/12/08 – 6/20/08
The Adolescent Brain & High Risk Behavior Vermont Department of Health, Division of Alcohol and Drug Abuse Programs Center For health & Learning Michael Nerney Montpelier, Vermont / 6 CEU's	4/22/08
Helping You To Help Your Patients: An Introduction to Medication for Alcohol Dependence Part 1 & Part 2 Join Together / Boston University School of Public Health On-line training program 4 hours contact time / 2 CEU's	4/14/08
Chemical Dependency and Post-Traumatic Stress Disorder Addiction Technology Transfer Center of New England; Center of Alcohol & Addiction Studies, Brown University Michael Torch, MA, LADC, CCS / 8 CEU's	4/14/08 – 5/16/08
Methamphetamine 2-hour Information and Training Session Vermont Department of Health; Division of Alcohol and Drug Abuse Programs Paula Gile, Substance Abuse Prevention Consultant Burlington, Vermont / 2 CEU's	8/10/05
Alcohol & Drugs; Babies & Children: Addressing Substance Abuse in the Early Years Vermont Department of Health; Division of Alcohol and Drug Abuse Programs Trudee Ettliger, Ph.D., A.P.R.N., LADC St. Albans, Vermont / 5 CEU's	1/30/04
<u>ASSESSMENT:</u>	
The DSM-IV-TR for Clinicians: Accurate Diagnosis & Effective Treatment Planning PESI, LLC; Burlington, Vermont Brooks Baer, MA, LCPC, CMHP / 7.5 CEU's	1/11/08
<u>COUNSELING THEORIES, METHODS AND TECHNIQUES</u>	
Dialectical Behavior Therapy: Treating Clients with Borderline Personality Disorder & Substance Use Disorders Vermont Integrated Services Initiative & Washington County Mental Health Services Linda Dimeff, Ph.D. & Anthony DuBose, Psy.D. Montpelier, VT / 12 CEU's	11/2/10 -11/3/10
Working with Personality Disorders; An Object Relations Perspective Onion River Education Network David Celani, Ph.D. Essex, VT	9/10/10
Fat is Not a Feeling: Body Image, Transference & Countertransference in the Treatment of Eating Disorders Brattleboro Retreat; Office of Continuing Education 6 CEU's	6/4/10

Self-Mutilation Behavior in Youth and Adults: Causes, Treatment & Prevention Cross Country Education; Burlington, Vermont Joseph W. Shannon, Ph.D. / 6 CEU's	6/6/06
Understanding & Treating Self-Injury Vermont Trauma Institute; Burlington, Vermont Barent W. Walsh, Ph.D. / 6 CEU's	12/9/05
Trauma and Recovery Vermont Trauma Institute; Burlington, Vermont Bessel van der Kolk, M.D. / 6 CEU's	11/12/04
<u>Mindfulness and Yoga Therapy Trainings:</u>	
Laughing River Yoga 200 Hour Teacher Training Laughing River Yoga Sofi Dillof, RYT & Emily Garrett, RYT & Yoga Therapist Burlington, VT / Yoga Alliance Certification	Jan. 2012 – Sept. 2012
Advanced Mind / Body Practices in Trauma Treatment Howard Center Addiction's Academy Dr. Anthony Quintiliani, Ph.D Burlington, VT / 6 CEU's	4/13/12
Life Force Yoga: 58 hour Certification Training: Life Force Yoga Practitioner – Level 1 Kripalu Center for Yoga & Health Amy Weintraub, MFA, E-RYT 500 Stockbridge, MA / 11.5 CEU's	7/8/11 – 7/15/11
Life Force Yoga: Practice Series Vermont Center for Yoga & Therapy Sofi Dillof, Advanced Certified Jivamukti Yoga Instructor & Level 1 Life Force Yoga Practitioner 4-Week Series / 6 hours	3/14/11 – 4/4/11
Mindfulness, Compassion & Transformation; The Art, Science & Adventure of Being Fully Human UVM & the Talk About Wellness Initiative Jon Kabat-Zinn Ph.D. 2 Hour Lecture	3/18/11
Life Force Yoga to Manage Your Mood Kripalu Center for Yoga & Health Amy Weintraub, MFA, E-RYT 500 Stockbridge, MA / 11.5 CEU's	1/28/11 – 1/30/11
Grounding the Self Pratyaagati, LLC; Burlington, Vermont Bree Greenberg-Benjamin, M.S., Ed., LMFT / 6 CEU's	2/27/09
Mindful Living; Managing Anxiety and Stress Through Mindfulness Practice UVM Counseling Center; Internship Training Program Miv London, Ph.D. / 8 hour training	Spring 2005
Mindfulness; On the Path To Balance Arnold Kozak, Ph.D. & Cherylanne Schreiner-Kozak, A.A.D.P. Montpelier, Vermont / 6 CEU's	4/30/04

SOCIAL & CULTURAL DIVERSITY

Embracing a World of Diversity; The Second Annual Northern New England Conference on Refugee Health VT Refugee Resettlement Program & The University of Vermont, Burlington, Vermont	3/03
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Experience in the Practice of Psychotherapy

- Psychotherapist** - Part-time, Supervised 8/09 - Present
Azimuth Counseling and Therapeutic Services, Inc.
○ Provide psychotherapy to individuals, couples, families and groups.
- Senior Staff Counselor** - Full / Part-time, Supervised 8/05 – 5/09
UVM Counseling Center, Burlington, VT
○ Provide psychotherapy to individuals, couples, and groups.
- Substance Abuse Clinician** - Full-time, Supervised 5/05 – 8/05
The Chittenden Center; The Howard Center for Human Services, Burlington, VT
○ Provided psychotherapy to individuals, couples, and groups.
○ Emphasis on addictions treatment and recovery work.
- Internship** - Part-time, Supervised 8/04 – 5/05
UVM Counseling Center, Burlington, VT
○ Provided psychotherapy to individuals, couples, and groups.
○ Emphasis on addictions treatment, education programming / prevention.
○ Completed 8 week training series on Mindfulness; practice & therapeutic implementation
- Internship** - Part-time, Supervised 8/03 – 5/04
Champlain Drug and Alcohol Services; The Howard Center for Human Services, St. Albans, VT
○ Provided psychotherapy to individuals, couples, and groups.
○ Emphasis on addictions treatment and recovery work.
- Crisis Clinician** - Part-time; substitute, Supervised 3/03 – 8/03
ASSIST Program; The Howard Center for Human Services, Burlington, VT
○ Offered supportive counseling and case management to individuals experiencing acute emotional crises. Emphasis on crisis stabilization.

Scope of Practice

Melissa is an integrative therapist, drawing on clinical theories like Cognitive Behavioral, Family Systems, Interpersonal / Relational Theories and Mindfulness Based Therapies. Melissa is skilled in Motivational Interviewing and stages-of-change work. She is able to assist those struggling with addictions and/or other concerns to help guide and support goal oriented and skill based work that manifests in long-term change. She is an advocate for social justice and inclusion and welcomes persons of all orientations, identities and expressions in her practice.

Theoretical Orientation:

Integrative, using an Interpersonal process in Cognitive Behavioral Therapy, Existential and Feminist Theories, Solution Focused and Strength's-based interventions. Mindfulness Based therapies and Life Force Yoga, which utilizes simple movement, sound and breathing techniques to facilitate engaging mind and body in therapeutic work.

Areas of specialization:

Youth

Adults: in groups and individually

Substance abuse

Developmental transitions

Women's growth and development

Mindfulness / Yoga Therapy for stress reduction, managing moods and addressing addictions

Parenting

Body image and eating concerns

Treatment Methods:

Utilize Motivational Interviewing, Stages of Change, Cognitive Behavioral & Strength's-based approaches to develop appropriate treatment goals and intervention strategies.

Psycho-education

Mind / Body and Mindfulness Based Therapies – Certified as Life Force Yoga Practitioner – Level 1 and currently pursuing 200 hour Yoga Teacher Training Certification to further integrate meditation and yoga practices into therapeutic treatment plans.

Collaboration with health care providers, referring agencies and significant others in client's life

**Vermont Secretary of State
Office of Professional Regulations
Board of Allied Mental Health Practitioners
Title 26: Professions and Occupations
Chapter 65: Clinical Mental Health Counselors**

§ 3271. Unprofessional conduct

(a) Unprofessional conduct means the following conduct and conduct set forth in section 129a of Title 3:

(1) using dishonest or misleading advertising;

(2) misusing a title in professional activity;

(3) conduct which evidences unfitness to practice clinical mental health counseling;

(4) engaging in any sexual conduct with a client, or with the immediate family member of a client, with whom the licensee has had a professional relationship within the previous five years;

(5) harassing, intimidating, or abusing a client;

(6) entering into an additional relationship with a client, supervisee, research participant or student that might impair the licensed clinical mental health counselor's objectivity or otherwise interfere with the clinical mental health counselor's professional obligations;

(7) independently practicing outside or beyond a clinical mental health counselor's area of training, experience or competence without appropriate supervision.

(b) After hearing, and upon a finding of unprofessional conduct, the board may take disciplinary action against a licensed clinical mental health counselor or applicant. (Added 1987, No. 245 (Adj. Sess.), § 1; amended 1993, No. 98, § 17; 1993, No. 222 (Adj. Sess.), § 10; 1997, No. 40, § 57; 1997, No. 145 (Adj. Sess.), § 53; 2007, No. 29, § 45.)

For more information regarding Professional Conduct please see <http://www.ksbsrb.org/regs/masters/102-4-12.htm>