

# JULIE LENHARDT, LCSW

LICENSED CLINICAL SOCIAL WORKER & TRAINER

I help people heal from emotional wounds, find peace with themselves and the world around them, and unleash their innate potential.

## EXPERIENCE

### THERAPIST

**Bright Heart Health** Nov 2020 - Present

- Provide detailed clinical assessment, goal-setting, and trauma-focused treatment using evidence-based treatment modalities
- Treatment specialties include PTSD/C-PTSD, Dissociative Disorders, Anxiety & Depression, Borderline Personality Disorder
- Develop and deliver psycho-educational group coaching on topics such as anxiety, mindfulness, CBT strategies for depression, etc.

### CHILD WELFARE CONSULTANT

**Lenhardt Consulting** Aug 2020 - Present

- Provide technical analysis, document review, reports and testimony toward the resolution of claims and litigation in public Child Welfare cases.
- Provide telephone/Zoom consultation as needed

### COACH AND TRAINER

**University of California, Davis** Jan 2006 - Present

- A leader in Safety Organized Practice implementation, evaluation, and training integration
- Skilled in coaching and training Introduction to SOP, CWS/CMS, Emergency Response processes and skills, Advanced Investigation Techniques, etc.

### COACH AND TRAINER

**California State University, Fresno** Jan 2006 - Present

- Skilled in coaching and training Introduction to SOP, CWS/CMS, Emergency Response processes and skills, Advanced Investigation Techniques, etc.
- A leader in Safety Organized Practice implementation, evaluation, and training integration

### PROGRAM DIRECTOR/MANAGER IV

**San Francisco City and County Human Service Agency** Jan 2015 - Aug 2020

- Lead a team of approximately 80 employees to exceed Federal and State compliance and performance standards at no additional public cost by leveraging public partnerships.
- Developed & implemented a detailed, networked, section-wide continuous improvement strategy to advance the Department's mission of offering effective interventions to promote health and well-being to families in San Francisco.

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San Rafael, CA

## SKILLS

Individual and Group Coaching  
Evidence-Based Training and Curriculum Development  
Cognitive Behavioral Therapy  
Motivational Interviewing  
Dialectical Behavioral Therapy  
EMDR  
Expert Witness Testimony  
Program Analysis  
Consultation and Development for Executive Leaders

## EDUCATION

### MASTER OF SCIENCE

**Columbia University** May 2003

Clinical Social Work & Research

### BACHELOR OF ARTS

**California State University, Chico**

May 1999

Cultural & Forensic Anthropology,  
Dean's List

### EYE MOVEMENT DESENSITIZATION AND REPROCESSING EMDR

**Trauma Institute /Child Trauma  
Institute** Currently Attending

Eye Movement Desensitization and  
Reprocessing Certification- In  
Progress

## **SUPERVISOR, CHILD WELFARE**

**Marin County Health and Human Services** Jan 2005 - Dec 2015

- Project Management - Led a team to acquire technology, research best practices, and write an interactive online practice guide documenting all local policies and procedures.
- Workforce Support and Development- Provided direct supervision, support, and coaching for three units, approximately 15 child welfare workers.

## **SENIOR CLINICAL SOCIAL WORKER**

**The Kinship Center** Jun 2003 - Jan 2005

- Led the Los Angeles Division of the Southern California Kinship Center and oversaw all fiscal and personnel functions.
- Created and led psychoeducational groups to support over 20 families in various stages of adopting children with special needs through the foster care system on topics such as, trauma, attachment, educational advocacy, sensory and neurological differences, etc. Offered individual sessions during matching and throughout initial placement and completed comprehensive assessments of all adoptive parents.

## **SAN FRANCISCO CITY AND COUNTY MEA LEADERSHIP**

Mar 2017

Organizational Change Management

## **BAY AREA SOCIAL SERVICES CONSORTIUM**

**University of California, Berkeley**

Nov 2008

Executive Leadership

## **ADOPTION CLINICAL TRAINING**

**The Education Institute Of The Kinship Center** Jul 2004

Attachment Disruption, Trauma, 7  
Core Issues in Adoption