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.

lenhardtconsulting@gmail.com

18052342130

linkedin.com/in/julie-lenhardt

San Rafael, CA

EXPERIENCE

THERAPIST

Bright Heart Health Nov 2020 - Present

- Provide detailed clinical assessment, goal-setting, and trauma-focused treatment using evidence-based treatment modalities
- Treatment specialities 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.
- Provide gender affirming care and LGBTQ speciality care

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.

SKILLS

Individual and Group Coaching
Evidence-Based Training and Curriculum Development
Cognitive Behavioral Therapy
Motivational Interviewing
Dialectical Behavioral Therapy
EMDR
Expert WitnessTestimony
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

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

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.

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