

VITA
R. RENÉE STEELE, PH.D.
Licensed Psychologist
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EDUCATION

- 1997 Post-Doctoral Residency
University of Florida Counseling Center, Gainesville, Florida
- 1996 Internship (APA Accredited)
University of Florida Counseling Center, Gainesville, Florida
- 1996 Ph.D./Counseling Psychology (APA Accredited)
University of Tennessee - Knoxville, Tennessee
Dissertation: "A Study of Social Support, Socioeconomic Well-Being, Attitudes
Toward Women's Roles, Self-Efficacy, and Women's Psychological Adjustment
After Divorce"
- 1989 B.S./Psychology and English
Texas A&M University - College Station, Texas

LICENSURE

- 2002 Licensed Psychologist - California License #PSY18664
- 1998 Licensed Psychologist - Texas License #30823 (inactive)

WORK EXPERIENCE

- 3/04-Present Licensed Psychologist in Private Practice, Folsom California.
- 11/02 - 9/04 Staff Psychologist; Kaiser Permanente, Rancho Cordova/Folsom/Sacramento,
California. Duties included individual and group therapy; teaching
psychoeducational classes; program development and implementation for Bipolar
Disorder Track and Borderline Personality Disorder Track (based on Marsha
Linehan's Dialectical Behavior Therapy Model); crisis assessment and intervention;
5150 determination; and telephone triage.
- 6/99 - 7/02 Chief, Mental Health Services; Captain, United States Air Force, Beale AFB,
Marysville, California. Duties included primary mental health therapist;
management of 12 employees (social workers, mental health technicians,
administrative staff) and mental health clinic serving 9000 Active Duty Air Force
members and their dependents; Alcohol and Drug Abuse Prevention and Treatment
Program Manager; Critical Incident Stress Management Team Chief; oversight of the

Drug Demand Reduction Program; Family Advocacy Officer Alternate providing child and family maltreatment prevention and treatment; and management of 3 budgets equating \$40,000.

5/98 - 5/99 Part-time Private Practice; Mental Health Associates; Tyler, Texas. Individual psychotherapy with adult clients.

12/97 - 5/99 Partial Hospitalization Program Coordinator; East Texas Medical Center - Behavioral Health, Tyler, Texas. Duties included management of department and 2 employees, liaison between department and hospital administration, primary group/individual/couples/family therapist, case management, aftercare, and utilization review.

SPECIALITY TRAINING

2013 Eye Movement Desensitization Reprocessing (EMDR) (EMDRRIA, Gerald Puk, Ph.D.)

2010-Present Emotionally Focused Couples Therapy (Externship with Susan Johnson, Ph.D.; Advanced Core Skills I, II, and III with Rebecca Jorgensen, Ph.D.; Consultation with Paul Aikin, Ph.D. and Nancy Aikin, Ph.D.; Dojo Training with Jennifer Olden, LMFT)

2010 Mediation Training (Gary Friedman, JD, The Center for Understanding Conflict)

2008 Gottman Couple's Therapy (John Gottman, Ph.D. and Julie Schwartz Gottman, Ph.D.)

2007 Narrative Mediation Training for Collaborative Professionals (Richard Cohen, J.D.)

2006 Court Volunteer Mediation Training

2005-Present Collaborative Divorce Coaching

2005-Present Relational and Psychanalytical Psychotherapy (Daniel Siegel, M.D., Nancy McWilliams, Paul Aikin, Ph.D. Sandra Dussault, LMFT)

2003-06 Dialectical Behavior Therapy (Marsha Linehan, Ph.D.)

ACADEMIC AWARDS AND HONORS:

1990 Pi Lambda Theta International Honor and Professional Association, University of Tennessee

1990 Phi Kappa Phi National Honor Society, University of Tennessee

1989 Graduated Magna Cum Laude, Texas A&M University

1986 Psi Chi Honor Society

CONSULTATION

- 1999 - 2002 Frequent consultation with Wing and Squadron Commanders regarding mental health decisions on Air Force Members.
- 1996 Division of Housing, University of Florida Consultant to the Coordinator of Programming for Student Family Living. Conducted needs assessment of single-parent students. Developed and facilitated 4 psychoeducational workshops on: Time Management, Single Parent Networking, Stress Reduction/Relaxation, and Parenting Skills.

OUTREACH WORKSHOPS PRESENTED

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| 1995-2002 | Body Acceptance | Sexual Harassment |
| | Conflict Resolution | Eating Disorders |
| | Date/Acquaintance Rape | Stress Management |
| | Critical Incident Stress Management | Hostage Negotiation |

PAPERS PRESENTED (previous name R. Renee Zavoina)

Zavoina, R. R. (1994). A study of sex-role attitudes, social class differences, and women's psychological adjustment to divorce. Tennessee Psychological Association, Nashville.

Woods, D. J., Copeland, C. S., Howard, D. L., & Zavoina, R. R. (1989). Social interaction of restrained and nonrestrained eaters. Southwestern Psychological Association, Houston.

Woods, D. J., Copeland, C. S., Howard, D. L., Zavoina, R. R., & Wiseman, D. A. (1989). Social comfort level and interpersonal characteristics of restrained eaters. APA Convention, New Orleans.

PROFESSIONAL ASSOCIATIONS

American Psychological Association (APA)
California Psychological Association (CPA)
Sacramento Valley Psychological Association (SVPA)
International Centre for Excellence in Emotionally Focused Therapy (ICEEFT)
International Academy of Collaborative Professionals (IACP)
Collaborative Professionals - California (CP-Cal)
Sacramento Collaborative Practice Group (SCPG)
Folsom Area Counselors and Therapists (FACT)