

KENNETH A. SHULTZ, ED.D.,P.S.

Licensed Psychologist (Washington # 760)

Diplomate, American Board of Medical Psychotherapists

APA Certificate of Proficiency in the Treatment of Substance and Alcohol Abuse

BACKGROUND AND TRAINING

I bring over forty years of mental health experience to my practice. Having received my Master of Science Degree and Doctorate from the University of Southern California, I completed Post-Doctoral Training at the Acute Psychiatric Unit of the Central City Mental Health Center in Los Angeles. I was then the Clinical Director for the Tarzana Psychiatric Hospital. I have over fifteen years of experience in both the residential and outpatient treatment of Alcoholism and substance abuse. Much of this has included the clinical administration of several agencies.

I have been a probation officer for Los Angeles County and also have eight years of teaching experience at both community colleges and at the University of Southern California. My background as a consultant has been extensive, including being a consultant to the Oregon State Department of Mental Health and designing Community Support System plans for several Washington counties. I have also trained staff for several hot-lines and the Los Angeles County Probation Department.

I was a member of the Washington State Advisory Subcommittee on Substance Abuse Treatment Standards and was the Staff Psychologist for the Monticello Medical Center Care Unit Alcoholism Treatment Program from 1980 to 1981.

I have been in private practice since 1969 and am a Washington State Licensed Psychologist, currently in full time private practice.

I am a member of the American Psychological Association and the Washington State Psychological Association as well as a Diplomate of the American Board of Medical Psychotherapists. I hold the APA Certificate of Proficiency in the Treatment of Substance and Alcohol Abuse

STATEMENT OF SCOPE OF PRACTICE

I typically present myself as an eclectic therapist. I have a strong background in cognitive and behavior therapy, physiology, object relations theory, family systems, substance abuse treatment, and humanistic psychology. I have had extensive training (including my Dissertation) in the use of group therapy with a variety of diagnostic constellations. My practice tends to be a mixture of short and long term clinical work. Although I do some evaluations, and consider myself an excellent diagnostician, I much prefer direct treatment and clinical supervision.

I have worked extensively with substance abuse and other compulsive and addictive disorders (both the dependent and co-dependent). I work with anxiety and depressive disorders, as well as personality disorders. I have substantial expertise in the treatment of Borderline, Narcissistic and other personality disorders, and these classifications comprise the bulk of my longer-term patients. I work with younger children and adolescents. I have worked with a large number of adolescents and families, and do play therapy when appropriate.

From a symptom perspective, I treat a variety of syndromes, including substance abuse (particularly dual diagnosis), weight loss, eating disorders, depression, panic disorders, some cases of sexual dysfunction, marital dysfunction, post traumatic stress disorder, grief, industrial injury, pain management, post surgical and/or cardiac recovery, attention deficit disorders, suicidal ideation/acting out, and adjustment disorders. My practice is composed of adults, families, adolescents, and children. Most recently I have been involved in training in the developing fields of Interpersonal Neurobiology, **CES** and **MET**.

REV: 01/09

I am Certified in the application of ALPHA-STIM technology using **Cranial Electrotherapy Stimulation** and **Microcurrent Electrical Therapy** for the FDA approved treatment of Anxiety, Depression, Insomnia and Pain.

I have obtained advanced training in the use of **EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMD/R)**. EMD/R is a new procedure that has been shown to be very effective in the treatment of the anxiety and other symptoms associated with trauma. This procedure is effective in treating current trauma such as auto accident, death of a family member, or rape, as well as historic trauma such as child abuse, sexual abuse and other childhood trauma. Adults, adolescents and children respond well to this treatment.